

# PEACE

This month we will be focusing on the searching, finding, and spreading of spiritual peace as a fruit of the spirit. We look to Galatians and verse like these to help us.

# MAY

How to use the BUMCSM Calendar:

Each day has a 5-7 minute activity based on our month's theme. May's theme is the spiritual fruit of Peace. You can find it digitally at [bumc.net/live](http://bumc.net/live)

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>2</b> HS - TABERNACLE WORSHIP MS - SMALL GROUPS	<b>3</b> TRY ONE MINUTE OF DEEP BREATHING (4 SECONDS BREATHING IN 4 SECONDS BREATHING OUT)	<b>4</b> READ JOHN 14:27	<b>5</b> FINISH ONE UNFINISHED BUSINESS TODAY (EXAMPLE: APOLOGIZE OR FINISH CHORES)	<b>6</b> WRITE DOWN WHERE YOU NEED PEACE & PRAY FOR GOD TO MEET YOU WHERE YOU ARE TODAY	<b>7</b> MEDITATE TODAY ON PEACE AS A FRUIT OF THE SPIRIT. (DO SOME RESEARCH IF YOU NEED MORE INSIGHT)	<b>1/8</b> PRAY 1 JOHN 4:8-10
<b>9</b> HAPPY MOTHER'S DAY & SENIOR SUNDAY! NO STUDENT PROGRAMMING	<b>10</b> LISTEN TO "PEACE BE STILL" BY THE BELONGING	<b>11</b> READ/PRAY THE SERENITY PRAYER	<b>12</b> READ 1 CORINTHIANS 6:19	<b>13</b> FIND A PLACE THAT GIVES YOU PEACE	<b>14</b> USE YOUR PHONE TO SET LIMITS ON YOUR APPS FOR THE REST OF THIS MONTH	<b>15</b> READ AN ARTICLE ABOUT WAYS PEOPLE ARE BRINGING PEACE TO THE WORLD
<b>16</b> JOIN US FOR ALL GRADE WORSHIP IN THE LOT!	<b>17</b> SET A TIMER FOR 10 MINUTES AND DO NOTHING	<b>18</b> READ MATTHEW 6:25-34	<b>19</b> ASK YOUR STRESS: WILL THIS MATTER IN 5 YEARS?	<b>20</b> FIND A JOKE THAT MAKES YOU LAUGH AND SHARE WITH OTHERS	<b>21</b> READ PHILIPPINES 4:6-7 & WRITE DOWN YOUR PRAYERS	<b>22</b> STOP PROCRASTINATING ON ONE TO-DO TODAY & FINISH IT
<b>23</b> JOIN BUMC FOR WORSHIP ONLINE OR IN SACTUARY	<b>24</b> TAKE 30 MINUTES TO DE-CLUTTER AROUND YOU	<b>25</b> ASK FOR CLARIFICATION INSTEAD OF GUESSING/ASSUMING THE ANSWER	<b>26</b> NOTICE TODAY HOW OTHERS BRING PEACE INTO YOUR LIFE	<b>27</b> READ 1 THESSALONIANS 5:23	<b>28</b> NOTICE A NEED IN YOUR COMMUNITY AND PROVIDE SOME SERVICE	<b>29</b> CREATE AN ACRONYM FOR THE WORD PEACE
<b>30</b> JOIN BUMC FOR WORSHIP ONLINE OR IN SACTUARY	<b>31</b> READ PSALM 18:16-21					

# PEACE - MAY

USE THESE DEVOTIONS TO HELP DIVE DEEPER INTO THE FRUITS OF THE SPIRIT. THESE SHOULD TAKE YOU ABOUT 10 MINUTES IN LOOKING UP THE PASSAGES, READING THROUGH THEM, AND THE DEVOTION AND THEN FOCUSING ON LIVING WITH A SPIRIT OF PEACE.

## WHY PEACE?

TRY THIS ON  
MAY 2ND

SCRIPTURE : 1 Samuel 19-20

In present day, we see peace as something that is almost always unattainable because of the way we have our days, weeks, and years planned. We rush from one thing to another and "stopping and smelling the roses" has become an ancient saying. Since we have a hard time finding peace, the best thing to do is practice. Remind yourself that this is not a box to be checked but instead a fruit to grow. The better the fruit is, the more you are able to respond without reacting, become aware of those around you, and help yourself be more productive in the long run. Let's look at Jonathan in the Old Testament, bff of David before he was king and prince to the king before David. In 1 Samuel 19-20, we see King Saul trying to kill David and Jonathan has the spirit to put his own chance at being king aside and to protect God's choice.

TRY THIS: Think of your best friend. Would you give up everything you have for that person in order to fulfill the purpose God has for you and them? Read 1 Samuel 20:1-16. How would this story be different if Jonathan was a reactionary person?

## WE'RE NOT MADE FOR THIS

TRY THIS  
ON MAY  
16TH

SCRIPTURE: Galatians 5:22-23

Cultivating peace like the fruit of the spirit may be the most difficult because we are taught that if you have peace, you don't stand up for yourself, you are weak, or you are unable to protect those around you. In Genesis, humans are made in the image of God. This means that we have the seed of peace in us. We see in the New Testament the forethought and planning that God placed Jesus in our world to help curb this reactive nature. Therefore God has given us a ground that is ready to plant. It takes our own labor of planting, cultivating, and focus to make the seed grow. Today we're going to try out different methods of finding peace to see which one is best for you:

TRY THESE:

Listen to "Be Still" by Hillsong Worship  
Pray the Serenity Prayer 3 times in a row

Meditate on Matthew 6:25 for 5 mins.

Do everything you do today at 75% your normal speed  
Set an intention for the day (like "Think") and write it on your hand as a reminder  
Repeat "One thing at a time" when you feel overwhelmed.

## PEACE ALWAYS

TRY THIS ON  
MAY 9TH

SCRIPTURE : John 14:27

The Greek word for peace (eirēnē) in John's writing means more than living a life with no conflict or being quiet, still, or resting. It is used to describe the calmness that a nation or city enjoys when it has a caring, competent, and secure leader. During this time the villages had a pointed leader who was known as a keeper of peace for the public. Keeping the peace and living in peace is important. Peace can mean having tranquility in your heart that originates from the understanding that your life is truly in the hands of a loving God. A sense of Peace comes to us when we grow in Christ, turn to God in prayer for all life circumstances, and place our hope and trust in Him. A deep sense of peace will be felt when we have this consistent relationship with Christ. It isn't a natural feeling, but the Holy Spirit working in our lives can allow us to experience this meaning of peace everyday.

TRY THIS: Paul wrote in Colossians 3:15-16 that we are to "Let the peace of Christ rule in our hearts" and "let the word of Christ dwell in us richly." We can't allow life's circumstances to take away our peace. Rather, we must determine to cling to the promises of God's Word so that our hearts and minds are guarded. Take time to write down your worries, anxieties, insecurities. Then write down ways you can feel at peace with your struggles. Ex: When you start to feel anxious, say the Lord's prayer or listen to a worship song.

## SHALOM

TRY THIS ON  
MAY 23RD

SCRIPTURE: PSALM 4:8, ISAIAH 26:3

"Peace in Hebrew is translated to Shalom, which is often used by Jewish people as a way of saying a formal Hello, well wishes, and prosperity to friends and family. Shalom was shared often in hopes that close communities were experiencing genuine peace. Shalom though also is important for our inner spiritual beings. Having peace within ourselves or finding/ knowing what brings us peace. Take some time to think of days or experiences that brought you spiritual peace. A place that always brings me peace is the beach, being there I feel close to God, aware of my surroundings, and in awe of God. If you can't think of a place/ person/thing/ experience you've had then ask a friend or family member what brings them inner peace. Shalom can be a greeting, it can be a place, a scripture or a sunny day. Finding what helps bring you peace and drawing you closer to God is vital to our faith journey .

TRY THIS: Thin layers are places where the veil between heaven and earth feel so close there is the spiritual awe or feeling . Find a place where you can experience and feel God. Thin layers can be a tree you climb, a nook in your house, or a place you like to hike. Find your spot this week and rest in God's peace and presence.