

DIY Spa Day

*"Peace I leave with you, My peace I give to you; not as the world gives do I give to you.
Let not your heart be troubled, neither let it be afraid." - [John 14:27](#)*

God loves you and wants to give you peace, so don't worry or be afraid.

Relax: The Spa Time

Relax your muscles

1. Give yourself a hand massage as that calms the heart. Then open and close your fists and wave your hands gently.
2. Sit, place a foot on the frozen water bottle and roll it back and forth. Repeat with other foot.
3. Stand and do several shoulder shrugs up and down and then roll shoulders back a few times.
4. Sit and bend your back forward with your head down. Then arch your back and lift your head.
5. Drop a little cold water on your wrists and dab some behind your earlobes. This stretches and relaxes those muscles. This cools major arteries to help you relax.
6. Do some stretches.

Relax your mind

1. Turn off electronics and drink water.
1. Sit in the sun or look outside at nature, or look at a healthy plant inside.
2. Go outside or head to the bathroom sink and blow some bubbles. Watch them float. Read 1 Peter 5:7, and then. Think of a worry and stress and blow a bubble as you ask God to take that worry.
3. Read a Psalm, such as 91, 23, or 62. Then pray. Write about the worry and then tear up the paper and toss it out as a symbol of giving it to God.

Pamper yourself

- Use an eye mask while listening to relaxing music
- Give yourself a facial scrub or foot scrub
- Use a soft bristled brush and gently dry brush your skin (always toward your heart) before you bathe or shower. It detoxifies/exfoliates the skin, according to the Cleveland Clinic.
- Use a hair mask: Use warm coconut oil or warm olive oil to make it shine and stronger.
- Use whipped cream to make hair soft and moisturize it.

Enjoy the time Take a walk

Read

Journal

Color

List reasons to be grateful

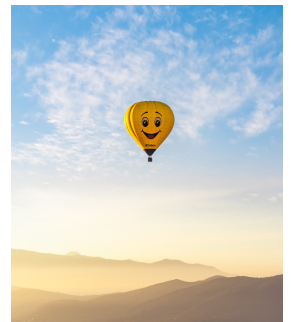


Gerald Holtom designed the popular peace sign as a symbol for nuclear disarmament. It is based on signal flags of N and D that also looks like a human with his or her hands questioning. Adding an outer circle reminds us we need love to ever have peace.



Read these verses and journal about peace

- *“Blessed are the peacemakers, for they shall be called sons of God.”* Matthew 5:9
 - What can you do to be a peacemaker?
- *Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God.* Philippians 4:6
 - What anxiety can you give to God today? If it comes to mind again, repeat this verse.
- *Behold, God is my salvation; I will trust, and will not be afraid; for the Lord God is my strength and my song, and he has become my salvation.* Isaiah 12:2
 - God is your strength and song. What can you sing when afraid?
- *And a harvest of righteousness is sown in peace by those who make peace.* James 3:18
 - How can you sow peace? When have you seen God give you peace because you choice to react with peace?
- *Agree with God, and be at peace; thereby good will come to you.* Job 22:21
 - Agree with God’s word and wait for Him to send good your way.
- *“Peace I leave with you; my peace I give to you. Not as the world gives do I give to you. Let not your hearts be troubled, neither let them be afraid.”* John 14:27
 - When you are not at peace, read scriptures and pray until God fills you with peace.
- *What you have learned and received and heard and seen in me—practice these things, and the God of peace will be with you.* Philippians 4:9
 - Write about when you trusted God and had peace?



A few Peace Tips

1. When you don’t have inner peace, count your blessings.
2. Pray for the needs of others and trust God to respond.
3. Keep your focus on the good news of being forgiven for your sins and being a member of God’s family rather than on negative news around you.
4. Take a time-out to enjoy God’s creation. Allow the Lord to speak to you through His world and His Word.
5. When past sins pop up, say, “God does not remember,” because I am forgiven.
6. Be intentional with investing time in loved ones, and remain steadfast in faith.
7. Rejoice when God blesses someone else.
8. When overwhelmed with stress or filled with fear from trauma, find a Christian who will listen, pray, and help you be accountable.
9. Create a peaceful spot to retreat and focus on God.
10. Forgive even when you don’t feel you can do it.
11. Choose to ‘live above’ the dailiness of life today. Look above circumstances to God.
12. Loosen up. Laughter is good for relationships.