**Final AFMIX Capstone Project**

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**God’s Peace**

How will I put God above all else today when the world seems to take every moment of every day?

 Will it be through a few still moments where I can praise him and worship him?

 Will it be through thanksgiving for his many blessings?

 Will it be through his beautiful creations of sight or sound?

How will I make sure I nourish my body, mind and soul so that I have something to give to others?

 How will I give myself time to be still and reflect?

 How will I commit to preparation for a healthy day?

Once I am nourished, how will I pursue helping others?

 Will it be a way of paying it forward, building someone’s confidence or providing a helping hand?

 Will it be creating a bridge to someone’s passion or helping them advance to the next step?

 Will it be as simple as a smile, holding the door or taking time out for someone?

 Will it be through patience and seeking to understand?

 Will it be through mercy and forgiveness I show others?

 Will it be by example in my words, deeds and actions?

 Will it be through love and acceptance for EVERY child of God?

How will I find the peace I so desperately need in times of uncertainty, information overload and chaos? How will I get my focus back on him each and every day?

*Though wilt keep him in perfect peace, whose mind is set upon thee – Isaiah 26: 3-7*