

Matthew 11:28-30 CEV

If you are tired from carrying heavy burdens, come to me and I will give you rest. Take the yoke I give you. Put it on your shoulders and learn from me. I am gentle and humble, and you will find rest. This yoke is easy to bear, and this burden is light.

Being at peace within myself helps me be at peace with others!

You need to make room for yourself so that you can...

Gain the right perspective

Matthew 14:12-13 NLT

Later, John's disciples came for his body and buried it. Then they went and told Jesus what had happened. As soon as Jesus heard the news, he left in a boat to a remote area to be alone.

Maintain a healthy body

Mark 6:31-32 CEV

But so many people were coming and going that Jesus and the apostles did not even have a chance to eat. Then Jesus said, "Let's go to a place where we can be alone and get some rest." They left in a boat for a place where they could be alone.

Grow stronger in your spirit

Mark 1:12-13 NLT

The Spirit then compelled Jesus to go into the wilderness, where he was tempted by Satan for forty days. He was out among the wild animals, and angels took care of him.

Make better decisions

Luke 6:12-13 CEV

About that time Jesus went off to a mountain to pray, and he spent the whole night there. The next morning he called his disciples together and chose twelve of them to be his apostles.

Response

I'm taking the steps necessary to be at peace within myself!