



A ONE-MONTH CREATIVE JOURNAL



Discovering Peace

*I*n our busy and loud lives, it's easy to get sucked into the pandemonium and ignore the life-giving breeze of peace. That's what this journal is for. It's about stopping for a few minutes each day to breathe in and reflect on stillness and harmony.

Although the pages that follow will help you discover what peace means to you, don't overthink the entries. Just respond with your heart. While there are a few questions that will specifically direct you to write, draw, or doodle, feel free to engage with this journal however you prefer—maybe you'd rather paint or collage or include photographs. There are no wrong answers or methods here—all that matters is that you're exploring peace each day!

You'll notice two pages at the end of this journal to write down songs that speak to you during your journey. Once you've written out your full playlist, share it. Create it on Spotify and tweet it to @WaterBrookPress using the hashtag #PlaylistPeace.

Ready to begin?



*Turn away
from evil
and do good;*

seek peace and pursue it.

PSALM 34:14



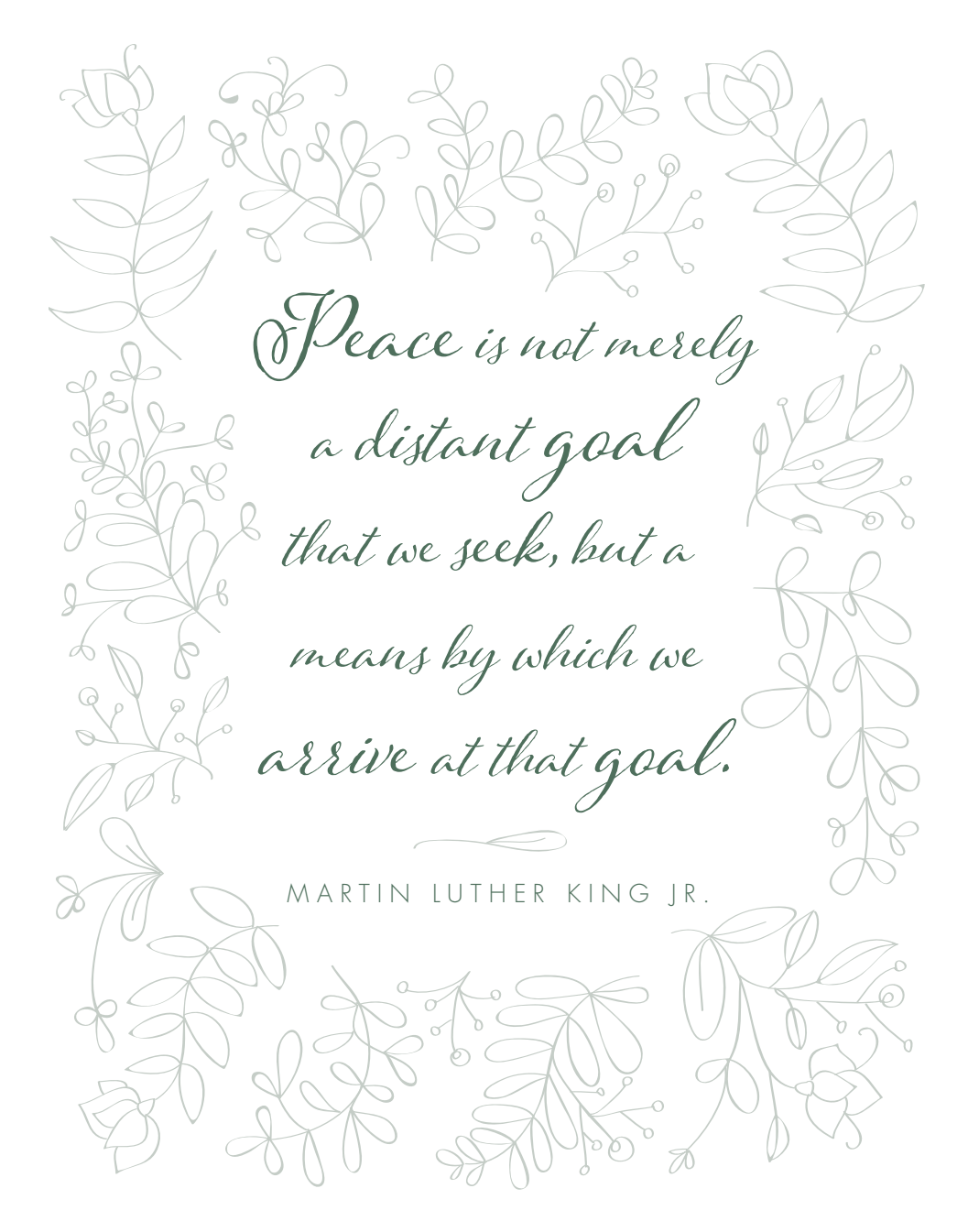
DAY

1

How do you define peace?







*Peace is not merely
a distant goal
that we seek, but a
means by which we
arrive at that goal.*

MARTIN LUTHER KING JR.

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