



PEACE POINTERS

*The 5 Best Ways to Peace During
a Life Storm*

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Have you ever thought,

“If only I could have peace during this difficult season of my life”?

If so, this might be the most important report you read all year.

Here's why...

HAVE YOU EVER SAID ANY OF THESE THINGS?

- I don't know how to relieve my stress and worry...I even feel like I might lose it!
- I don't know where to find an end to all the discouragement and hopelessness I'm experiencing.
- I don't want to feel so isolated and alone.
- I don't want to stay stressed out, anxious and fearful of the future.
- I don't want to be stuck, powerless and without solutions.
- I don't want to keep experiencing the same negative patterns in my relationships, especially in my marriage.

If you can relate to any of that, then this special guide will be life-changing for you.





WHAT YOU'RE GOING TO GET...

In this guide, you will discover the top 5 strategies for peace during any life storm.

Before I unpack the specifics, I want you to consider the results of doing nothing. Ignoring a problem doesn't make it go away. It actually makes the problem worse!

How bad could it get? Well, if you ignore your strategy to regaining your peace, these are the long-term results you are very likely to get:

- ✓ A continual cycle of emotional turmoil, anxiety and stress
- ✓ Mental health issues
- ✓ Broken relationships
- ✓ Inability to effectively relate to family/friends and co-workers
- ✓ Physical illness

WHY SHOULD YOU LISTEN TO ME?

In my 39-years of marriage, I have faced numerous challenges. I experienced a lack of emotional connection with my husband, communication issues, dishonesty, addiction, and financial troubles. I felt discouraged, defeated and hopeless. I was angry, full of unforgiveness and unable to find answers. I felt like the weight of everything was on me, and I felt very much alone.



In addition to that, 11 years ago, my husband had a near-death experience that began years of him battling depression, anxiety and thoughts of suicide. This illness began the onset of a series of rapid successive losses one after another over the next 11 years. I could not process the trauma coming at me, because as soon as one emergency ended, another would begin. I then moved into the role of caretaker as my husband was not in a good physical or mental state. This left me feeling even more alone, isolated and disconnected. This was not the marriage or the life I had signed up for, and I even wanted out at one point. However, God placed on my heart that if I would surrender my will, He would work in my marriage to do what I had been crying out for Him to do for years, and that is what He has done.

We are living proof that no matter how dire the circumstances, or how dark the storm, God has the ability to restore any marriage, and it is His desire to do so. We have become the living testimony of His redemptive power. Because of how the Lord sustained me and brought me through this storm, I desire to help other women who are trying to navigate through difficult seasons and point them to the transforming power the Lord used to help me survive and even thrive through our storm. I am all about helping you gain peace no matter what you are going through in this period of your life.

Now let's look at the top five ways to gain peace in the midst of your storm. If you apply these steps, you will soon be encouraged, connected, and full of peace. You will have new hope, and will be empowered with faith for the future. You will learn there is a pathway to walking in peace no matter what!

1

PLUG INTO THE POWER

The key to storm survival is plugging into the power of the Holy Spirit. It may sound contradictory, but surrendering in the storm, trusting God and learning to walk in the power of the Holy Spirit is the answer to staying in peace. Isaiah 26:3 says,

“He will keep in perfect peace Him who’s mind is fixed on Him.”

We must learn to focus our mind on the Lord and not the circumstances. Trusting that God is in control will bring you newfound peace. Jesus said in John 14:6 ,

“I am the way, the truth and the light.”

In any dark storm, we need the way out, clarity, and wisdom to know what to do and when to do it, as well as light to see our way out. It is the Holy Spirit's job to guide us and lead us. He is our comforter, and he promises to always be with us, never leaving us alone. Getting to know the person and power of the Holy Spirit is the key to walking in peace amid any storm.



When I met Jennifer, she was disappointed and struggling in her marriage relationship as well as trying to become whole herself from wounding. She felt anxious and a lack of emotional connection with her husband. I connected with Jennifer on ***“Pathway to Peace Strategy Session”*** where I meet 1-on-1 with discouraged, disconnected, lonely and anxious women to learn more about where they've been, where they are right now, and most importantly, where they want to go. Then, I help them identify the **#1** obstacle to achieving their goal, and map out a **3-step action plan** to help them get encouragement, connection in their relationships and peace. This brings hope and faith for the future so they can walk in power, peace and purpose.

Jennifer hadn't decided if she would coach with me because she was already receiving some help from a spiritual director at her church and was part of another support group. While talking to Jennifer, I discovered that her top concern was not knowing me personally and whether or not she could afford this additional program. Could working with me be what she needed to help her find the path to freedom and save her marriage? After sharing with her the specifics of the transformation to be gained to help her in her relationship with the Lord and her husband, Jennifer implemented the plan and experienced much healing for her soul. Through personal coaching and heart healing sessions, she found freedom from childhood wounds that were producing negative fruit in her relationships now, especially in her marriage. She gained great peace, joy, and a new powerful relationship with the Holy Spirit. He became her friend, counselor, guide and comforter. He showed her the path to take. She also learned how to use the Word of God as her source of truth! Her marriage that was in jeopardy of ending, has been restored, and she and her husband recently renewed their vows. Instead of feeling like a victim and being bound in a prison of lies, judgments and vows, Jennifer found freedom to walk in God's truth, Holy Spirit discernment and the promises of God. This has brought her a new unity and authenticity in her marriage. Now Jennifer is walking in a new peace, power and purpose and finally has the unshakeable marriage she dreamed of.

2

CHANGE IN THE PRESENCE

We all know that as much as we would like to change our circumstances, sometimes it is not possible. However, God can change us, and this will indirectly change our circumstances. When my husband was unwilling to connect with me, and I felt alone in my marriage, I turned to the Lord. Through spending time daily first thing each morning with my Father, God, I found that even though nothing in my marriage changed, I was changed. God changed me, and this was key to surviving my storm. In a strange way...because God had conformed me in my thinking, it felt like my circumstances began to change! By practicing listening more than talking, God guided me and brought me new peace.

James 4:8 says "**Come near to God and He will come near to you.**" Through prayer, spending time with Him in the Word, listening to His voice, and writing down whatever He puts in my mind, I found great comfort, strength and insight during the roughest times. As I sought Him, I received His comfort, and I heard His voice more clearly. You too can be changed by spending time in the presence of the Lord and listening to His voice and direction.



Kelsey is a young married mother of two children, who was struggling in her relationships with her family, husband, co-workers, and God. She felt stressed, anxious and overwhelmed because of struggles in her marriage, health challenges with her loved ones, and physically and emotionally exhausted from the day-to-day demands of being the mother of two young boys, wife, and full-time manager in the health care industry. Kelsey felt hopeless, angry, and far from God.

When I met Kelsey on a "**Pathway to Peace Strategy Session**," she was feeling desperate and thought she would never be able to solve her problems. She was already seeing a professional counselor, but didn't feel she was getting the help she wanted spiritually.

While talking to Kelsey, I discovered that her top constraint was feeling that everything was up to her, and that she had to be in control. While on the surface, it appeared that this was a problem in Kelsey's work, and home situation, we uncovered a lie planted during her childhood that people could not be trusted, and that she had to be in control. I made three, simple recommendations. Kelsey implemented the plan and no longer feels the need to be in control. Now Kelsey is practicing spending time in God's presence. She is inviting the Lord to speak to her through time in the word and prayer. She is practicing listening to the voice of her Father instead of her own.

Now, rather than going her own way, she is first being still, getting in the presence of the Lord and getting guidance from Him. Recently, she was able to work through a difficult confrontation at work in a new way by drawing clear direction from her time spent in God's presence. Because of this, she no longer believes she always has to be in control, and she finally has new freedom and power in all her relationships.

3

SILENCE THE ENEMY

I was twenty-eight with a 2-year-old son and a 3-month-old baby, when I turned my radio station, making an intentional decision to only listen to praise music. Little did I know the effect this would have on my children and our whole family. My kids grew up only listening to and singing praise music. When I was in my late thirties, I discovered worship music, and I learned that worship was a powerful weapon of warfare. Psalm 8:2 says "***Through the praise of children and infants you have established a stronghold against your enemies, to silence the foe and the avenger.***" This means that when we praise, the enemy hates it. Worship will silence your enemy, the devil, and he will have to flee. I saw a drastic difference in the level of peace in our home when I quietly played worship music 24/7.



Worship will force any demonic power to flee from your situation. When my husband was battling anxiety, depression and was unable to sleep at night, we found ourselves hopeless and desperate as to how to move past the darkness into rest. Worshipping brought change, peace and rest to our souls. So, we must learn to praise and worship during the storm. Often, I did not feel like worshipping, however, I found that was exactly when I needed to praise and worship the most. It will change the atmosphere, silence the enemy and bring you strength. Psalm 22:3 says "***God is enthroned upon the praises of Israel.***" "***God inhabits the praises of His people.***" When we worship not only does the enemy flee, but the God of the universe stops, takes notice, and focuses on us. The Lord lives in our praise.

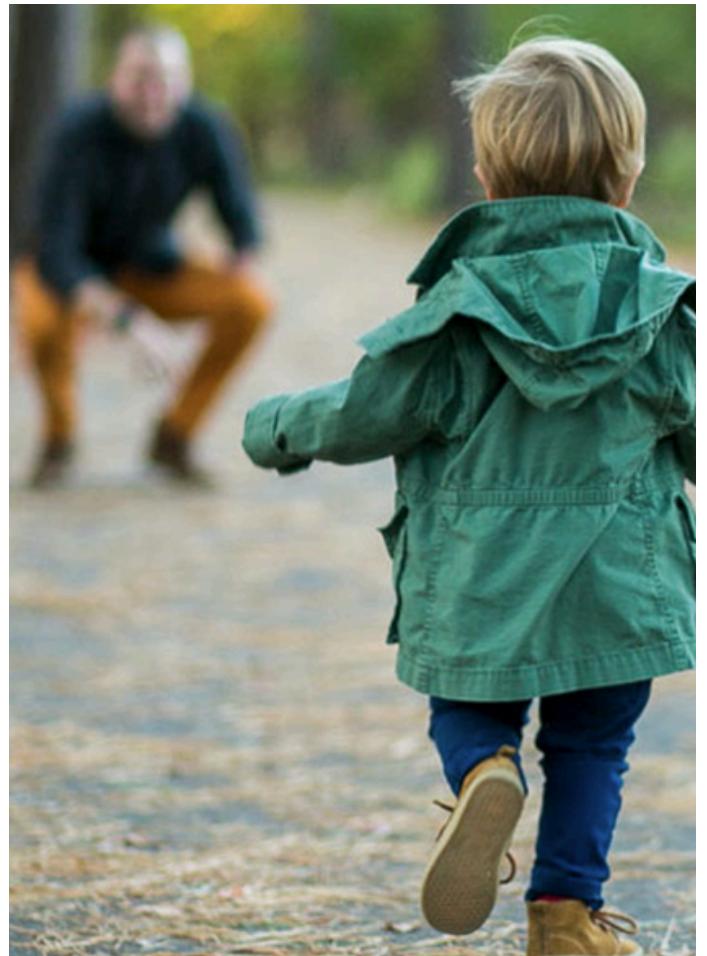
4

LISTEN TO YOUR FATHER'S VOICE

When you are walking through a storm and don't know the way out, you must be careful who you listen to. Just like a little child has no business wandering off from his father, neither do we. God will speak to us in many ways, His Word, the Holy Spirit, prayer, the church, circumstances and even other people. John 5:19 says, **"Very truly I tell you, the Son can do nothing by himself; he can do only what he sees his Father doing, because whatever the Father does the Son also does."**

Also, John 12:49 says, **"For I did not speak on my own, but the Father who sent me commanded me to say all that I have spoken."** Even Jesus himself could do nothing on his own, but only what he saw his Father do and what his Father God directed him to do. He also often had to get away from all the people to be able to spend time with His Father and listen to his voice.

During my storm I often prayed what I called **"the next step prayer"**. After reaching a dead end with no answers, I would inquire of the Lord as to what to do next. Always through the Word and prayer, I would gain not only answers, but also great peace. The Holy Spirit provided me with clear direction when I had reached the end of my rope. This taught me to seek out the guidance of the Lord and to listen to His voice above all others.

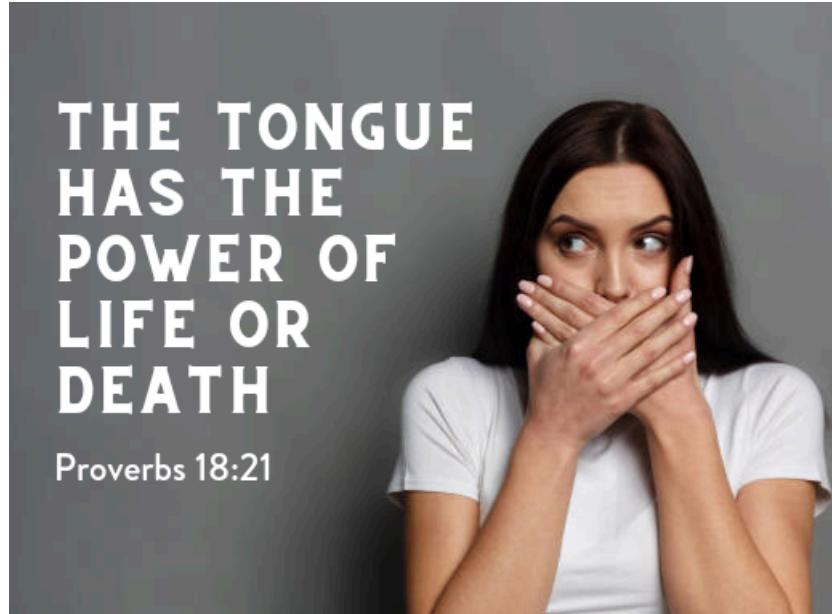


5

LEARN TO SPEAK LIFE

Words have power and the Bible says that we are either speaking words of life or words of death. The word also says that we will reap what we sow. If I speak negative words, I am sowing seeds of death and will receive the same. However, if I sow words of life, I will reap something positive.

One powerful lesson the Lord has shown me is that my circumstances or reality are not the truth. For example, my reality may be that I feel fearful. However, the word (the truth) says "**God did not give me a spirit of fear, but of power, love and self-control.**" 2 Timothy 1:7. To walk in peace, I have to speak words of life and truth from God's word instead of speaking what I might be thinking, seeing or feeling. The enemy constantly wants to keep us in a state of anxiety, practicing the question of "What if?"



When I met Autumn, she was on the verge of a divorce. She felt lonely, betrayed and had a lack of trust because she had learned of her husband's addiction to pornography, and he had pulled away, giving her the silent treatment while living together in their home for ten months. She was fearful of what might happen next. She could not share the truth with her husband about how she felt for fear of his reaction and the ramifications on their family. Though they had been to traditional marriage counseling, she told me the counselor had fired them, saying they had too many issues and were hopelessly stuck.

I met with Autumn on a "**Pathway to Peace Strategy Session**" where I meet 1-on-1 with women going through challenging situations in their relationships to help them clarify the #1 obstacle holding them back from progress. We then map out a **3-step plan** to help them gain peace and get unstuck.

Autumn was so confused, upset, and full of self-doubt, that she didn't know where to turn. A friend had referred her to me. While talking to Autumn, I discovered that her top complaint was not being able to communicate the truth to her husband. She felt like she was constantly walking on eggshells and did not bring up any of their issues for fear of how he would react. I helped Autumn blueprint a plan of action. She implemented the plan and gained new unity with her husband.



Now Autumn is experiencing a new emotional connection with her husband, and a new ability to share truth because she has broken free from a lie she believed about all men. This lie was holding her back from walking in truth and affecting her ability to trust her husband. She has learned and put into practice the sowing of good seeds through positive words and tone towards her husband and her children. Autumn learned that her attitude toward all men and her husband was causing her to speak words of death. Through positive words, tones and attitudes, she has been watching her relationship with her husband grow more positive. She is slowly learning to share her true feelings with him, and he is responding more supportively with new understanding. They recently felt a new sense of unity by working together step by step to sell their home. This was huge progress in their ability to communicate. Autumn said she is falling back in love with her husband and hopes for even more improvement in their marriage.

If you want to find healing for the wounded places of your heart so you can be free to fulfill your purpose and live in peace and power, then follow these five steps. And if you want to get these results even faster, I invite you to book a free 1-on-1 **“Pathway to Peace Strategy Session”** with me. On this fast-paced call, we'll look at your background, experience, and current situation, and we'll see what's possible for you in terms of encouragement, emotional connection in your relationships, and peace in the next three months. We'll examine what you're doing now and find out what's working and what's not. We will identify the #1 thing holding you back from having the hope for the future that you want to have and map out a plan to get you where you want to go faster. You'll leave the call feeling clear, confident, and excited about taking your peace to the next level.



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