

When Peace Feels Like Trouble

(Reflections for early healing and recovery)

1. Remember:

Growth doesn't always feel good at first. When you start finding peace, people used to your pain may get uncomfortable. That's not a sign you're wrong — it's a sign you're changing.

“Be still, and know that I am God.” – Psalm 46:10

2. Three daily grounding questions

Ask yourself quietly, morning or night:

1. What gave me peace today?
2. What drained me?
3. What did I do right?

Write it down or whisper it in prayer. Over time, patterns appear — and peace begins to speak louder than fear.

3. Truth statements to replace old lies

- I'm allowed to feel safe in my own body.
- I can love others without losing myself.
- I don't need permission to heal.
- My worth isn't defined by what broke me.
- I can be both gentle and strong.

4. If the world around you starts to shake

Pause. Breathe in for 4 seconds, hold 2, out 6.

Say to yourself:

“This is what healing feels like — stretching, not breaking.”

You're not crazy for wanting calm. You're learning to live in truth.

5. Keep one small rhythm

- A walk
- A meeting
- A verse
- A quiet cup of coffee

Small daily peace builds real strength.

You are not alone.

Keep walking toward light — quietly, steadily, faithfully.

God is not rushing you. He's rebuilding you.