



A PEACE OF MY MIND

Riverbank

PREPARATION

- ➔ Invite a member to read Philippians 4:4-9
- ➔ Prepare some everyday scenarios that can make us panic or feel at peace
- ➔ Provide some plain postcards and coloured pens
- ➔ Find some Jenga blocks and some sticky notes or masking tape

INTRODUCTION/BACKGROUND

Riverbank is The Salvation Army's annual women's conference. The theme for 2026 is 'A Peace of my Mind'.

In a world that's noisy, fast-paced and demanding, and with so many things that can bring us anxiety and worry, how can we experience 'a peace of my mind'?

In this session we will explore Philippians 4:7, in particular '*And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus*' (NIV). How can trust in God and following Jesus Christ bring peace to our hearts and minds?

ACTIVITIES

DISCUSS

Peace or panic?

Read out some everyday scenarios. Ask members to respond with:

- * Peace! (thumbs up)
- * Panic! (hands on head)

Examples:

- * You're late and your phone has run out of charge
- * Someone smiles and holds a door open for you
- * There's a disagreement in your family or your church
- * You're sitting quietly with music and no interruptions
- * You are the first one to arrive at an agreed meeting space
- * Someone gives you a gift unexpectedly



Connect



- * A friend you've not heard from for years sends you a short message to call them
- * You're cooking (or baking!) and realise you're out of a key ingredient

Discuss what members have learned about themselves - and each other.

- * What makes the difference between peace and panic in that moment?
- * What helps you move from panic to peace?
- * Do different people experience this differently?
- * What would support look like in that situation?

Thought

Remind the group that our peace of mind isn't determined by what happens but by who we're trusting in, in the moment.

WRITE

Peace Postcards

Give members blank postcards and pens. Ask them to write or draw a message of peace, maybe including Philippians 4:7 or a short prayer:

- * for themselves, or
- * for someone who needs encouragement

Encourage members to give or post their card in the week ahead or to keep it in a place where they will see it regularly.

GAME

Peace Jenga

Play a game of *Jenga*. Write each word from the list below on to a sticky note or masking tape and attach each to a Jenga block:

- * Worry, fear, trust, prayer, control, peace, faith, noise, stillness, prayer, Bible

Build a tower with the words facing outwards. As members remove the blocks, discuss what happens when those things are taken away.

Thought

Remind members that a trusting mind builds stability. A guarded mind keeps standing even when shaken.





BIBLE READING/THOUGHT

Philippians 4:4-9


Invite a member to read **Philippians 4:4-9**.

What have you carried with you here today? Not what you are physically carrying, but rather those worries and concerns we carry in our hearts and minds, those things that it's hard to let go of.

It's not really surprising though, is it? News headlines are heavy. The pace of life is relentless. We have worries about finances, health, family, the future, and sometimes just the quiet exhaustion of getting through another week.

Anxiety isn't abstract any more; it's been named for what it is and we feel it. It may keep us awake at night, and technology means it can be difficult to escape.

Into this very real world Paul writes these words:

 'And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.'

(Philippians 4:7)

Now this isn't a verse written in ideal conditions. Paul wrote it from prison, with limited freedom, an uncertain future and no clear way out. And yet he speaks about a peace that guards him.

But it's important to notice what Paul does **not** say. He does not say:

- * 'Everything will work out quickly,' or
- * 'Your problems aren't serious,' or
- * 'Just think positively.'

Instead, he acknowledges that anxiety exists. He assumes we will face situations that naturally cause worry. His invitation isn't to ignore reality but to face it with God. And this matters, because many people today feel pressure to cope quietly, to be strong, or to keep moving even when they are overwhelmed. God's peace is not about pretending we're fine; it's about being honest and not being alone.

Paul goes on to say that this peace 'transcends all understanding'. In other words, it doesn't always make sense to us. There are moments when circumstances haven't changed, yet something inside remains steady. That kind of peace doesn't come from explanations, it comes from God's presence within us. This peace



Connect



shows up when we pray honestly, name our fears clearly, and still choose to trust that God is holding what we cannot control.

And even more wonderfully, Paul tells us that this peace ‘guards’ us. It doesn’t just comfort us - it also protects us. It stands watch over us, like the prison guards keeping watch over Paul. And this peace guards our hearts, when disappointment, grief or fear threaten to harden us and our minds, when anxious thoughts consume us.

We live in a world that constantly competes for our attention and our emotional energy. God’s peace acts like a sentry at the door of our inner life, reminding us that we don’t have to carry our burdens alone. Peace is not something we achieve through better organisation, trying harder, or having all the answers. It grows out of staying connected to Jesus, bringing him our questions, trusting him with what’s unresolved, and letting him shape how we respond to the pressures we face. Peace deepens as we live this out, choosing prayer over panic, gratitude over fear, and truth over constant noise.

So however you are feeling right now - perhaps overwhelmed, uncertain, hopeless, exhausted - this promise of peace is for you. It doesn’t mean our problems will disappear, rather that we are promised a peace that:

- * stands guard over us in the middle of the storm, and
- * softens our hearts, and
- * steadies our thoughts.

This peace doesn’t make sense; it just requires us to have trust in the one who holds us.

PRAYER

Dear Lord, you know the worries and concerns that we carry and the things we cannot fix.

Remind us to bring them to you.

Guard our hearts and our minds with your peace - a peace that the world cannot give.

Keep us close to you always. **Amen.**





SONGS

- ♪ SASB 608 Make me a channel of your peace
Soloist lyric video by Droitwich Spa Salvation Army (2:28)
Lyric video feat Temecula Valley Chamber Singers uploaded by Mark G (2:51)
- ♪ SASB 741 'When peace like a river attendeth my way [It is well with my soul]'
Video (no lyrics) feat Chelmsford Citadel Songster (4:57)
Official lyric video by T4G Live, SovereignGraceMusic (5:17)
Official lyric video by Audrey Assad (4:10)
- ♪ SASB 793 'The Lord is near, have no anxiety'
Piano instrumental lyric video by John Larsson, uploaded by The Salvation Army Camberwell (3:59)
- ♪ 'Yet not I but through Christ in me' by CityAlight
Live performance video (press cc for lyrics) by CityAlight (5:31)
Acoustic lyric video by CityAlight (5:05)
Lyric video uploaded by music meets heaven (5:32)
Live performance video (press cc for lyrics) feat Selah by Integrity Music (5:06)

WEBSITE AND CONTACT DETAILS

- Connect website: www.salvationarmy.org.uk/connect
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