



Planting Peace

Week One: Planting the Seed of Peace

What comes to mind when you think about peace at Christmas? For those of us who feel overwhelmed by the busyness of the season, or who live with mental health challenges that can heighten anxiety, there is good news. Peace isn't an emotion we need to conjure up or a state of being we need to attain. It isn't even the absence of fear or anxiety.

Peace is God entering into our reality. At Christmas, we remember the moment when God stepped into human history to reconcile us to himself. In that little stable in Bethlehem, the seed of eternal peace was planted in the form of a baby named Jesus.

Watch Video

Hear Daniel Whitehead share a reflection on planting the seed of peace. [Click here to watch.](#)

Scripture Reading and Reflection Questions

1. When you hear the word "peace" what typically comes to mind? What do you think about the idea that peace is God entering our reality?
2. Read Isaiah 9:6. *"For a child has been born for us, a son given to us; authority rests upon his shoulders, and he is named Wonderful Counselor, Mighty God, Everlasting Father, Prince of Peace" (NRSVue).* The prophet Isaiah describes the arrival of peace when he speaks about the coming messiah. How is the promised saviour described?
3. At Christmas we remember the seed of peace that God has planted in this world: Jesus. His name, Emmanuel, means "God with us." As you remember that God is present with you today, whether you are flourishing or languishing in your mental health, what thoughts or feelings does this evoke?
4. Read John 14:27: *"Peace I leave with you; my peace I give to you. I do not give to you as the world gives. Do not let your hearts be troubled, and do not let them be afraid" (NRSVue).* How is the peace of God different from the peace that the world can offer us? In what ways does this verse bring you comfort this season?

Prayer

Take a moment to pray, thanking Jesus for entering into our reality and being our true source of peace.