

936 Pennies

Discovering the Joy of Intentional Parenting

“Proverbs explains, ‘Those who plan peace have joy’ (12:20). Peace, for parents, does not come by chance. Instead, we must make a Peace Plan, a strategy to direct us to the most fulfilling life. It acts as a regular check-in for our hearts to make sure we are where we want to be. For me, before anything else, I had to do some uncomfortable digging and unearth what was eroding the peace in my spirit. I began with the two questions that would become the foundation of my Peace Plan.”

1. What, specifically, is robbing me of peace right now and leaving my soul unsettled?

Examples:

Too little fresh air
Checking my phone too often
Not reading with my children
Going to bed stressed

No depth of conversation with my spouse
Rushed mornings
The sound of new notifications on my phone
Strained relationships with friends

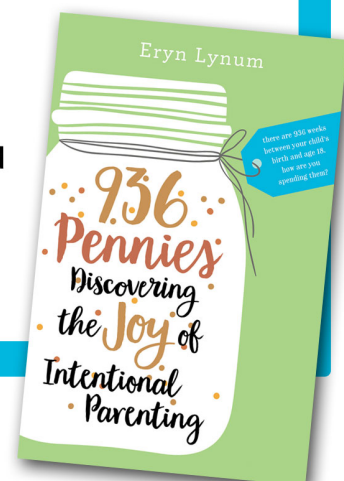
2. How, specifically, can I combat those Peace Thieves?

Examples:

Walks after dinner
Placing my phone in a room out of sight in the mornings
Place a fun chapter book on the coffee table, read to the kids when they get home from school
Bubble bath after kids go to bed
Listen to a podcast and discuss with spouse over ice cream
Reserve two mornings a week for no activities. Stay home
Turn off notifications on phone
Text a friend and setup a coffee date

“What had I always wanted to write onto the canvas of our days but dropped down to the bottom of the schedule, left unattended? These were the things I wanted more of—activities I knew would bring peace, but had yet to be made a priority. They were the things my soul longed for more of, things like reading, writing letters to friends and family, taking walks, sitting by the river, playing with the boys on the floor, and hiking with my husband. Many of them were my favorite things. I was beginning to see how short our time is to ignore these things that fill us up.”

A Peace Plan is not a to-do list. Rather, it often looks like a do not list.





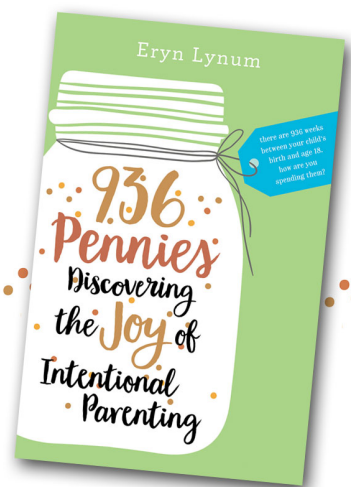
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Discovering the Joy of Intentional Parenting

Developing a Peace Plan

Peace is not arrived at on a whim or a wish. . . . We must work at it.

What specifically is robbing you of peace right now? These are our Peace Thieves. Those things that lurk on the fringes of our everyday, ready to stealthily attack and rob us of our calm and quiet before we are at all aware of what is happening. And then the second question, how specifically can you combat those Peace Thieves and by doing so bring more peace into your days?



Current Peace Thieves

Peace Plan Strategies

“Those who plan peace have joy” Proverbs 12:20