



Peace

Shalom (peace) is more than just the absence of conflict—it's a deep sense of calm, wholeness, and harmony.

It reflects a life that is aligned and flourishing, rooted in a right and close relationship with God.

What is Christ's standard of PEACE?

Peace is Commanded:

Pursue peace with all people, and the holiness without which no one will see the Lord.

Hebrews 12:14

Let us therefore make every effort to do what leads to peace and to mutual edification.

Romans 14:19

Peace is Defined:

²³And the Lord said unto him, Peace be unto thee; fear not: thou shalt not die.

²⁴Then Gideon built an altar there unto the Lord, and called it Jehovah-shalom (*The Lord is Peace*): unto this day it is yet in Ophrah of the Abiezrites.

Judges 6:23-24

The Lord is my shepherd, I will not be in need.

²He lets me lie down in green pastures; He leads me beside quiet waters.

³He restores my soul; He guides me in the paths of righteousness For the sake of His name.

⁴Even though I walk through the valley of the shadow of death, I fear no evil, for You are with me;

Your rod and Your staff, they comfort me.

⁵You prepare a table before me in the presence of my enemies; You have anointed my head with oil;

My cup overflows.

Psalms 23:1-5

Peace is Taught:

⁶Do not be anxious about anything, but in everything by prayer and pleading with thanksgiving let your requests be made known to God. ⁷And the peace of God, which surpasses all comprehension, will guard your hearts and minds in Christ Jesus.

Philippians 4:6-7

Peace is Demonstrated:

²³Then he got into the boat and his disciples followed him. ²⁴Suddenly a furious storm came up on the lake, so that the waves swept over the boat. But Jesus was sleeping. ²⁵The disciples went and woke him, saying, "Lord, save us! We're going to drown!"

²⁶He replied, "You of little faith, why are you so afraid?" Then he got up and rebuked the winds and the waves, and it was completely calm.

²⁷The men were amazed and asked, "What kind of man is this? Even the winds and the waves obey him!"

Matthew 8:23-27

For a Deeper Dive into this topic, visit

<https://www.biblestudytools.com/bible-study/topical-studies/a-deeper-study-of-the-fruit-of-the-spirit-peace.html>

A Peaceful Journey

10 Things You Can Do Everyday to Promote Peace and Gut-Health in Your Wellness Journey

SPEAK GOD'S WORD

Speak out loud, at least one of God's promises each day.
Speaking it out loud increases your faith and sets the atmosphere.

BRIDGE THE GAP

Always look for ways to diffuse tension & resolve conflict in relationships. Be humble. Be a peacemaker.
Conflict resolution promotes unity & peace

HYDRATE

Aim for half your weight in ounces of water per day.
Adequate hydration lubricates the digestive track, aids in digestion, supports nutrient absorption, and regular bowel movements.

EXERCISE

Aim for 5-20 minutes of exercise each day.
Exercise helps relieve stress, aids in digestion, and supports regular bowel movements. So get that heart rate up!

TESTIFY

Tell someone about how you've experienced the Peace of God.
Testifying strengthens your faith & inspires others.

PREBIOTICS & PROBIOTICS

Consume 1-2 PREbiotic foods per day & 1 PRObiotic food
*Prebiotics are found in high-fiber foods (ie fruits, vegetables, & whole grains).
Probiotics are found in fermented foods (ie kefir/yogurt, kombucha, & sauerkraut).*

SUNBATHE

Get 5-10 minutes of exposure to (early morning or late afternoon) sunlight each day.
Research shows that exposure to UVB rays supports your skin your gut health!

BREATHE

Look up breathing exercises online & practice them throughout each day.
Mindful, controlled breathing supports overall health and is often used to manage conditions like anxiety and respiratory issues.

SERVE

Each day, look for one way to lift someone up—through kindness, encouragement, or just being there. Small acts can make a big impact.
Serving is witnessing and ministry. Be like Jesus!

MEDITATE

Find a calm, quiet place, eliminate distractions, get comfortable, & sit quietly in God's presence. Focus on one of His promises & let Him fill you with His peace.

4 Indicators of God's Peace

"Peace I leave with you; My peace I give to you; not as the world gives do I give to you."

John 14:27

1

A Calm, Restful Mind

A lack of peace often shows up as tension, irritability, racing thoughts, & trouble resting.

But God's peace—His shalom—is different. As you spend time with Him, renew your mind with truth, and care for your body, His peace calms your mind, steadies your emotions, and brings true rest.

Improved Health

A lack of peace can show up as stress, fatigue, & other symptoms. But God's peace—His shalom brings restoration to both soul and body.

As you spend time with Him, renew your mind with truth, and care for your body, you begin to cultivate that peace—leading to greater calm, rest, and overall well-being.

2

3

Hope

Peace and hope go hand in hand—when you cultivate one, the other grows.

As you draw near to God and anchor your thoughts in His truth, His peace begins to fill your heart, producing a steady sense of hope. You start to trust that things will work out for your good, and that confidence allows you to live with greater calm and expectation.

Ability to be a Peacemaker

As you begin producing the fruit of peace, it begins to overflow from you. You become a vessel through which others can experience calm, safety, and comfort.

As your spirit is rooted in His shalom, you're able to offer compassion to the hurting and hope to the brokenhearted—showing that peace isn't just for you, it's meant to be shared.

4

The Gut-Brain Axis

What is the Gut?

The gut, or gastrointestinal tract, is made up of several key parts including the mouth, esophagus, stomach, small intestine, and large intestine. It also includes accessory organs like the liver, pancreas, and gallbladder that aid in digestion.

Why is gut health important?

A healthy gut is important for supporting and regulating a variety of bodily functions, including digesting food, absorbing nutrients, excreting waste, fighting infections, and supporting brain and mental health.

What is the gut-brain axis (or gut-brain connection)?

The gut-brain connection is a complex, bidirectional, super-highway where signals pass both ways between your gut and your brain. Key players in this connection include your enteric nervous system, your vagus nerve, and your gut microbiome.

What is the Gut-Brain Axis (GBA)?

Brain To Gut

Stress, anxiety, and other mental health conditions have physiological consequences, such as disrupting gut motility and functionality, which results in symptoms such as constipation and stomach pain.

Gut to Brain

Enteric nervous system in the gut produces neurotransmitters such as serotonin and metabolites which impact mental health conditions such as stress, anxiety, and depression and may even contribute to personal characteristics.



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Learn more at gastrohealthpartners.com!

Listen to Your Gut

Signs of A Possible Gut Imbalance

Source: <https://www.verywellhealth.com/signs-of-an-unhealthy-gut-11720565>



1. Frequent Bloating or Gas

Some bloating & gas is normal, especially after eating certain foods. However, frequently experiencing gas and discomfort after eating could signal an imbalanced microbiome.

2. Chronic Constipation or Diarrhea

Most healthy people should have regular bowel movements, defined as at least once per day. Ongoing bowel irregularities are not normal and can lead to chronic constipation (going three or fewer times per week) or frequent diarrhea (three or more watery bowel movements per day)

3. Persistent Fatigue

While persistent tiredness isn't always a sign of gut problems, it could be. An unhealthy gut can impair your ability to absorb energy producing nutrients, lead to disruption in your gut-brain axis, & interfere with your sleep cycle.

4. Unexplained Weight Changes

Unintentional weight changes in either direction could be related to gut imbalances. Some bacteria might influence how your body stores fat, regulate your appetite hormones, and your blood sugar levels.

5. Skin Rashes & Conditions

When the integrity of your gut barrier is compromised, this can trigger a systemic inflammation that shows up on your skin.

6. Frequent Infections or Illness

Your gut houses 70% to 80% of your immune cells. An unhealthy gut can negatively affect your immune function. If you feel like you can't catch a break with sickness, it could be the result of poor gut health.

7. Brain Fog or Mood Swings

Suddenly feeling more anxious, irritable, down, or "foggy" could be related to poor sleep or excess stress, but it might also be related to your gut. A gut microbiome imbalance could manifest as mental health effects.

8. Bad Breath or Coated Tongue

Bad breath can indicate that your gut microbiome is off. If you notice unusually bad breath or have a white-coated tongue that's not the result of oral hygiene, it might be gut-related.

9. Sugar Cravings and Poor Appetite Control

Certain bacteria thrive on sugar, so when they dominate your gut, this might trigger more sugary cravings. Gut health imbalances can also affect your appetite-regulating hormones, leaving you less satisfied and possibly eating more than you intended.

Trust Your Gut

Understanding Good vs. Poor Gut Health & How to Improve It



Happy Gut

Regular bowel movements, minimal bloating/GI discomfort, good energy levels, and stable weight



Sad Gut

Chronic digestive issues (gas, bloating, constipation, diarrhea), food intolerances, fatigue, skin irritations, frequent illness, brain fog, mood swings, bad breath, sugar cravings .

4 Powerful Ways to Improve your Gut Health

1. Eat Fiber Rich Foods

Vegetable, fruits, legumes, and whole grains will fuel your good bacteria in your gut.

2. Include fermented foods in your diet

Incorporate yogurt, kefir, sauerkraut, and kimchi for natural probiotics.

3. Reduce Processed Foods

Limit sugar, artificial sweeteners, and highly processed foods, which can feed the harmful bacteria in your gut

4. Adopt Healthy Lifestyle Habits

Stay hydrated, manage stress, get sunlight, ensure sufficient sleep, and feed your faith! All will help heal your spirit, soul, and gut!

The PEACE Connection

A 4-Pillar Practice for cultivating Peace in your wellness journey.

(Each week, explore the reflections in these pillars—faith, family, food, fitness. Tune in to the weekly livestream on Thursday's)

FAITH: PEACE IN FAITH

Read Mark 4:35-41

Reflection Step: When was a time in my life when I felt the Peace of God during difficulty?

Action Step: Take a moment to build your faith and encourage someone else by sharing a story of when you experienced the Peace of God.

Reflection Step: “Why are you afraid? Do you still have no faith?” (Mark 4:40)

Action Step: Write down two promises God has given you. Speak them out loud every time you feel unsteady during difficult times.

FAMILY: PEACE IN MY RELATIONSHIPS

Read Matthew 5:9 and Ephesians 2:14-16

Reflection Step: Am I experiencing unwanted division/stress/disruption in any relationships?

Action Step: Take time this week to text/call that loved one just to say, “I care.”

Reflection Step: What gets in my way of being a peacemaker? (ie. Pride, unforgiveness, etc)

Action Step: Spend extra time in prayer and ask the Lord reveal to you what's standing in your way of being a peacemaker. Then ask Him to remove what's getting in your way & transform you.

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FOOD: THE GUT-BRAIN CONNECTION

Reflection Step: How might my current food choices be negatively affecting the peace in my body? (i.e. hindering healthy gut microbiome.)

Action Step: Eliminate at least one “problem food” (sugary snack, chips, cookies) this week and monitor progress.

Reflection Step: Which day over the past week did I have the most energy, peace in my mind and body, and clarity in thinking? What did I eat that day?

Action Step: Commit to journaling daily this week (both food and mood) to better understand how food is affecting your spirit, soul, and body.

FITNESS: PEACE & GUT HEALTH IN MY TEMPLE

Reflection Step: How could moving my body/exercising promote peace and/or gut health?

Action Step: Write down 4 ways to promote peace and/or gut health in the way you move your body. (Hint: Watch/attend the monthly meeting to catch these!)

Reflection Step: What is one gut supporting exercise I will intentionally implement as a lifestyle habit?

Action Step: Watch the live stream on Thurs., 4/30 for inspiration to learn techniques for moving your body and supporting gut health.

Join The Mission

We hope you're enjoying this **Rooted & Well** series as much as we are and we can't wait to hear about how the Lord has moved in your life during this series.

If this workbook and this program has made an impact in your life in some way, please consider joining us in our mission of empowering the body of Christ to thrive in health, and walk courageously in God's calling (Jeremiah 1:5).

Here are a few ways You can get involved:

- **Kroger Community Rewards.** Select Equipped4More as your non-profit recipient.
- **Amazon Affiliate Purchases.** Make a purchase through any of our Amazon Affiliate links (*find our current list of E4M faves on the homepage of the app*) and Equipped4More will receive a small commission at no additional cost to you.
- **Shop 4 a Cause.** Shop the E4M merchandise page at <https://equipped4more.org/shop-4-a-cause>
- **Volunteer.** If you are aligned and interested in supporting our mission, contact us to see how you can get involved.
- **Tell a friend.** Help us reach more people who are interested in faith-based health and wellness programs by telling your friends and family about the CFC/E4M Health and Wellness Ministry.
- **Sow a seed.** Scan the QR code to send a financial gift.



Contact Us:

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Contact us to share your testimony and how this ministry can serve you!

