

3-Day Master Class Activation

## *How to be an Overcomer in Times of Crisis*

### *Recalibrating our Inner Atmosphere*

We can't release overwhelming peace if we haven't been overwhelmed by the Prince of Peace first.

*How would you like to upgrade your worship with thanksgiving and rejoicing to recalibrate your internal atmosphere with the Prince of Peace?*

All of us need to be joyfully intentional in upgrading our worship on a regular basis. A desire without a plan is just wishful thinking.

Partner with the Holy Spirit in His plan for you to rise to the next level of worship in a way that will allow you to abide more fully in His peace.

Write it out once you develop it!

### *Realigning Our Perceptions*

Consider recent events that you would describe as "stressful" or "difficult." For each one you are thinking of, describe your initial response and emotions.

What did you positively activate?

Were there any negative activations? If so, what were they?

In what situations do you find yourself able to abide in the peace of God?

What circumstances make it challenging to remain in peace?

## ***Choosing Peace***

Write out a description of what you would like your peaceful, predetermined response to be to situations in which you are likely to activate a negative.

“Instead of responding like this \_\_\_\_\_, I choose to respond like this instead\_\_\_\_\_.”

Use these questions to help you write your pre-determined response:

How would you want to see a situation instead?

How would you like to think about it differently?

In what ways would your language change?



To learn more about making peace a lifestyle, we recommend checking out the series, *The Fruit of the Spirit*, available on Brilliant TV.