

Journey
to Healing

**The Path
to Peace:**

*Healing
Our Minds
in His
Presence*

VIRTUAL GUIDE

The Path to Peace: Healing Our Minds in His Presence



A Guided Imaginative Prayer for Healing our Minds

Take a deep breath.

Let your shoulders drop.

Let your body soften.

Let your mind begin to slow.

Close your eyes and picture a peaceful place:

a garden, a porch, a quiet room.

Let it be your place to rest—your place to meet Jesus.

Now become aware that Jesus is with you.

Feel His calming presence.

The warmth of His love.

His nearness reminding you that you are not alone.

He is here to be with you—and to give you peace.

Bring Him what's been burdening your mind

Anxiety, depression, worry, exhaustion.

Don't focus on it.

Just let Him feel it with you.

And when you're ready, give it to Him.

Now pause to receive what Jesus offers

A word of peace.

A calming image.

A reminder of who you are.

Or simply the quiet reassurance that you are not alone.

Thank Jesus for the peace you've received and His faithful love.

Meet Jesus here again as your go-to place.

Because healing is found in His presence.

P.E.A.C.E. A Pathway to Mental Healing



A simple rhythm to return to Jesus' peace throughout the week, through imaginative prayer.

P – Presence

- Through imaginative prayer, picture yourself in a peaceful setting—your go-to place to meet Jesus.
- Let yourself become aware of His presence. You are not alone.

E – Experience His Love

- Let His nearness calm you.
- Notice the kindness in His gaze, feel the warmth of His presence.
- Rest in that experience, spirit to Spirit.

A – Absorb the Promises

- As you sit with Him, what images or passages come to mind?
- Let the truth of Jesus' words settle into your mind.
- Receive His promises as truths spoken personally to you.
 - “I will never leave you nor forsake you.” – Hebrews 13:5
 - “I am working for your good and my will ...” – Romans 8:28
 - “My peace will guard your heart and mind.” – Phil 4:6–7
 - “Nothing can separate you from my love.” – Ro. 8:38–39

C – Cast Your Cares

- Bring your worries, fears, and burdens to Him.
- Name them, if helpful, then give them to Him.
 - “Cast all your cares on him because he cares for you.” – 1 Pet. 5:7

E – Express Gratitude

- Thank Him for His presence, His peace, and the healing He is working in you.

Breath Prayer

Inhale: Jesus, I receive Your peace.

Exhale: You are with me.