



Peas Talks Directions

You now have a new tool in your hand that will help you to develop peace when your life or your world seems out of control. Peas Talks is a spiritual application tool that will help you apply your faith to the areas of your life that need it most.

You will discover Peas Talks to be a cutting-edge conversation starter and a relationship-building tool that will allow you to know, understand, and support one another during stressful times. In the process, you will be positioning yourself to pursue emotional, social, mental, and spiritual health together.

The Why

Peas Talks was designed to help people who struggle with fear and anxiety. During extremely emotionally-turbulent times when people have gone into hiding and have been shaken to the core, Peas Talks brings people back together and helps them develop restorative community. Way too often, we become focused on people, problems, and circumstances beyond our control.

Ninety percent of the things we worry about never happen, but they sure can rob us of our joy! The more we focus on what we cannot control, the more we become anxious. The more we try to control what's beyond our control, the more we begin to feel out of control. When we try to control the people around us, we start having relationship conflicts.

Although we may have been taught the right ways to think, it's difficult to get what we know from our head to our heart. Peas Talks will position you to apply life-changing, spiritual truths where you need it most. Then you may live in freedom instead of being bound to your fears.

Game Overview

Objective

Finding peace during life's storms

Game Play

Choose a few caring people and take turns reading *Peas Talks* cards. After reading a card out loud, take some moments to reflect and to share what comes to your mind. If you establish healthy communication boundaries, everyone will feel safe to be honest. Set and keep the communication bar high in honesty and respect. Don't allow insincere, sarcastic, humor-based, attention-seeking comments, name-calling, or put downs.

You will discover that the longer you play *Peas Talks*, the more real and vulnerable people will become. As the conversations deepen over time, listen for what's missing and what's needed. Speak the truth in love.

Additionally, you'll find that when a card is read, everyone in your group will begin to take turns talking about what's going on in and around them. You will become part of each other's support team as you journey together from fear-based to faith-based lives.

Advantages of Peas Talks

Many times anxious and stress-filled people have gotten out of the habit of sharing and connecting with others. Sometimes we worry about saying the wrong thing or offending people, so we keep our distance and don't say anything. That's the worst thing we can do with people that we care about. Peas Talks gives you ready-made prompts to break the ice and to launch crucial conversations.

Peace may be the gift which Jesus offers us that we lack the most. Our world desperately needs peace. Now you have a portable tool in your hands to take wherever you go. You may only have a few minutes to flip over a card and start a *Peas Talk*. These cutting-edge communication tools are simple to use. Starting faith-based conversations has never been easier than with *Peas Talks*.

As your conversations move from superficial to heartfelt sharing, enjoy the process of pursuing health and building deep spiritual community. It will be worth your time and your investment. As you're playing *Peas Talks*, be ready at any moment for the One who offers you His peace to speak to and through you, providing just what's needed. Jesus wants to be Lord of all of your life—especially your emotional life.

Peas Talks is a cutting-edge communication tool of Spirit-Driven.



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