

*John 16:33 NIV*

*"I have told you these things, so that in me you may have peace. In this world you will have trouble. But take heart! I have overcome the world."*

## **The 5 Essential Truths of Life**

**The Principles of Detachment that are the Secret to Freedom and Internal Peace**

From Richard Rohr in Emotionally Healthy Spirituality

- 1. Life is hard.**
- 2. You are not that important.**
- 3. Your life is not about you.**
- 4. You are not in control.**
- 5. You are going to die.**

*2 Tim 2:3-7 NIV*

*3 Endure hardship with us like a good soldier of Christ Jesus. 4 No one serving as a soldier gets involved in civilian affairs—he wants to please his commanding officer. 5 Similarly, if anyone competes as an athlete, he does not receive the victor's crown unless he competes according to the rules. 6 The hardworking farmer should be the first to receive a share of the crops. 7 Reflect on what I am saying, for the Lord will give you insight into all this.*

*1 Peter 2:11-12 NIV*

*Dear friends, I urge you, as aliens and strangers in the world, to abstain from sinful desires, which war against your soul.*