

## LAVENDER HONEY TEA

### Ingredients:

• 1 cup water • 1 tsp dried culinary lavender buds (or 2 tsp fresh) • 1 tsp honey (adjust to taste) • Optional: a squeeze of lemon or mint leaves

### Instructions:

1. Boil the water in a small saucepan or kettle.
2. Add the lavender buds to the hot water and steep for 5–7 minutes.
3. Strain the tea into a mug to remove the buds.
4. Stir in honey while the tea is warm.
5. Add lemon or mint if desired. Sip slowly and savor the peace.



### Devotional Thought:

Lavender is known for its calming, peaceful properties — a gentle reminder of how God invites us to bring our anxious thoughts to Him and receive the peace that surpasses understanding. As you sip this tea, breathe deeply and let your heart settle in the presence of the Lord. Let Philippians 4:6–7 anchor your spirit: 'Do not be anxious about anything... and the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.'