



# Finding Peace and Strength in Stressful Times



A 3-day plan for teens to manage stress, find rest in God, and rely on His strength amidst life's pressures.

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## Introduction

Life as a teen can often feel like a whirlwind of responsibilities, expectations, and challenges that come from school, family, friendships, and personal goals. **Stress** can easily build up, leaving you feeling overwhelmed, exhausted, or unsure how to handle everything on your plate. The good news is that you don't have to carry that weight alone.

*God wants to be your rest, your refuge, and your strength* during stressful seasons. When life feels like too much, His Word offers peace that the world can't give, and a steady hope that never runs out. This 3-day plan will walk you through scripture to help you understand how to find that peaceful rest in God, manage your time wisely, and avoid burnout by leaning on His power rather than just your own.

As you reflect and pray through these devotionals, remember that **feeling overwhelmed is not a sign of failure**, but an invitation to seek God's help. You are not alone on this journey. With God's guidance, you can develop healthy habits and a deeper trust that equips you for every challenge. Take each day step by step, allowing God's Spirit to renew your mind and calm your heart. You are capable, loved, and held by the One who never tires.





## Day 1: Finding Rest in God's Peace



Day 1: 🕊️ Finding Rest in God's Peace

## Your Verse

*Matthew 11:28 - "Come to me, all you who are weary and burdened, and I will give you rest."*

## Supporting Scriptures

- *Psalm 46:10 - "Be still, and know that I am God."*
- *Philippians 4:6-7 - "Do not be anxious about anything... and the peace of God, which transcends all understanding, will guard your hearts."*



Day 1:  Finding Rest in God's Peace

## Devotional: Resting peacefully in God's calming presence

**Feeling overwhelmed? You're not alone, and God invites you to find rest in Him.** In today's packed schedules and heavy expectations, stress can weigh heavily on your heart and mind. Jesus' words in Matthew 11:28 offer a beautiful promise: when you bring your weariness to Him, He offers true rest. This isn't just physical rest, but deep spiritual peace that calms the chaos inside.

*God's peace isn't about having no problems, but about trusting Him in the middle of them.* Psalm 46:10 encourages you to pause, be still, and remember God's control over every situation. Stress often makes us feel like we need to do everything on our own, but God is reminding you that it is okay to stop, breathe, and lean on Him.

Try to identify the burdens you are carrying right now. What keeps you awake at night? What fills your mind with worry? Bring those things before God today with confidence, knowing that He wants to replace your anxiety with His peace. When you surrender your struggles to Him, you open the door to rest and renewal—rest that refreshes your spirit and strengthens you for tomorrow.



Day 1:  Finding Rest in God's Peace

## Reflect and Apply

1. What burdens am I carrying that I need to bring to God today?

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2. How can I practice being still and trusting God more during stressful moments?

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3. What does true rest in God look like for me personally?

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Day 1: 🕊️ Finding Rest in God's Peace

## Journaling Prompts

1. 1. Write about a time when you felt overwhelmed and how you responded.

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2. 2. List three worries you need to give to God right now.

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3. 3. Describe what it feels like to experience God's peace in your life.

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Day 1: 🕊️ Finding Rest in God's Peace

## Prayer for Today

**Dear God,** thank You for inviting me to come to You when I am weary. I confess that I often try to carry my burdens alone and end up feeling stressed and tired. *Help me to rest in Your peace and trust that You are in control.* Teach me to be still and know You are God, even when life feels overwhelming. Please calm my anxious thoughts and fill me with Your peace that surpasses understanding. I want to lean on Your strength and not my own. Thank You for loving me and carrying my worries. Amen. ❤️ 🙏 🕊️ ❤️





## Day 2: 🕒 Managing Time with God's Wisdom



## Your Verse

*Ephesians 5:15-16 - "Be very careful, then, how you live—not as unwise but as wise, making the most of every opportunity."*

## Supporting Scriptures

- *Psalms 90:12 - "Teach us to number our days, that we may gain a heart of wisdom."*
- *Proverbs 3:5-6 - "Trust in the Lord with all your heart and lean not on your own understanding."*



## Devotional: Wisely managing time to honor God's plan

**Time can feel like your greatest stress or your greatest gift—how you manage it makes all the difference.** When you have a million things to do, deadlines to meet, and expectations to fulfill, it's easy to feel like there's never enough time. The Bible encourages us to live wisely and make the most of every opportunity, understanding the value of time as a precious gift.

*This means being intentional with how you spend your time—not just rushing from one task to another, but seeking God's guidance on what matters most.* Psalm 90:12 teaches us to ask God to give us wisdom so that we can use our days well. It's about quality, not just quantity. Instead of adding more to your plate, look to God for wisdom to prioritize and decide what's really important.

Learning to say no is a vital skill. Not everything demands your energy or time. As you ask God for wisdom and trust Him wholeheartedly (Proverbs 3:5–6), He will guide your steps and help you avoid burnout. Today, examine your schedule and ask God to show you how to use your time in a way that honors Him and protects your well-being.



## Reflect and Apply

1. How do I currently manage my time under pressure?

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2. Where can I seek God's wisdom in organizing my priorities?

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3. What changes can I make to avoid feeling rushed and overwhelmed?

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# Journaling Prompts

1. 1. Write about your daily schedule and identify moments where you feel most stressed.

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2. 2. Reflect on ways you can better prioritize your responsibilities with God's help.

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3. 3. List three ways you can create space for rest and renewal in your week.

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Day 2: ⌚ Managing Time with God's Wisdom

## Prayer for Today

**Lord**, thank You for the gift of time. I admit that sometimes I feel overwhelmed by all I have to do and struggle to manage it well. *Help me to be wise in how I use every moment I've been given.* Teach me to trust You to guide my choices and help me say no when I need to rest. Give me clarity to prioritize what truly matters and peace to let go of what doesn't. Lead me by Your Spirit so that I avoid burnout and live a balanced life honoring You. In Jesus' name, Amen. ⌚ 🙏 📖 ✨





## Day 3: 💪 Leaning on God's Strength to Overcome





Day 3: 🙏 Leaning on God's Strength to Overcome

## Your Verse

*Isaiah 40:29 - "He gives strength to the weary and increases the power of the weak."*

## Supporting Scriptures

- *2 Corinthians 12:9 - "My grace is sufficient for you, for my power is made perfect in weakness."*
- *Psalms 55:22 - "Cast your cares on the Lord and he will sustain you."*



Day 3: 🍷 Leaning on God's Strength to Overcome

## Devotional: Relying fully on God's renewing strength

When stress and exhaustion threaten to overwhelm you, God offers a **strength beyond your own**. It's common to feel weak or powerless when life's demands pile up. But Isaiah 40:29 reminds us that God specifically gives strength to those who are weary. That means when you feel like you don't have enough energy or courage to face the day, God's power is available to you.

*The Apostle Paul learned this truth deeply, sharing in 2 Corinthians 12:9 that God's grace covers our weakness and gives us strength.* Trusting God in your weakness doesn't mean you have to carry everything by yourself. Psalm 55:22 encourages you to cast your cares on Him, knowing He will sustain and uphold you. You are not meant to be strong by your own effort alone — God's strength completes and renews you.

Today, reflect on the areas where you feel weak or powerless. Instead of fighting alone, give those struggles over to God. Ask Him to infuse you with His strength, grace, and peace. With God's help, you can overcome stress and avoid burnout, walking forward with renewed courage to face each challenge.



## Reflect and Apply

1. In what areas of my life do I feel weak or worn out?

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2. How can I remind myself daily to rely on God's grace and strength?

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3. What practical steps can I take to cast my cares on God more often?

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# Journaling Prompts

1. 1. Write about a time when God helped you overcome a difficult situation.

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2. 2. List areas where you need to ask God for strength right now.

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3. 3. Describe what it feels like to trust God's power instead of your own.

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Day 3: 🏋️ Leaning on God's Strength to Overcome

## Prayer for Today

**Heavenly Father**, I admit I am weak and weary sometimes. Life's pressures and stress can be heavy, and I don't always have the strength I need. *Thank You for offering Your power to me in those moments.* Help me to lean on You fully and cast my cares on You, trusting You to sustain me. Fill me with Your grace that is perfect when I am weak and renew my spirit today. Strengthen me not just to endure but to overcome challenges with peace and courage. In Jesus' name I pray, Amen. 🏋️ 🙏 ✨ ❤️





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