Peace for College Students: Trusting God Through Transitions



Discover God's peace during college transitions. Learn to trust Him deeply amid change, challenges, and new beginnings with this 5-day study.





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Introduction

Starting college is a monumental transition filled with excitement but also uncertainty and stress. As a student, you may face new environments, academic pressures, social changes, and moments where worry threatens to overwhelm you. *Peace*—the deep, sustaining tranquility that God offers—is especially vital during these times. This study is designed to help you realize that peace is not just the absence of trouble but a confident trust in God's presence and sovereign care amidst every change.

Throughout these five days, we'll explore Scripture passages that speak directly to the anxieties and hopes of students. We'll reflect on what it means to trust God through uncertainty and how His peace can guard your heart and mind when life feels overwhelming. You will be encouraged to lean into God's promises rather than your own limited understanding, discovering that peace stems from reliance on Him.

College is a time of transition that challenges your faith and character, and this study will guide you to anchor yourself in Christ's perfect peace. Whether you're moving away from home, making new friends, or facing academic challenges, God's peace is a powerful resource to draw upon. Let this journey open your heart to deeper trust and allow His peace to transform your college experience.







Day 1: Embracing God's Peace Amid Change









Day 1: W Embracing God's Peace Amid Change

Your Verse

Philippians 4:6-7 – "Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus."

Supporting Scriptures

- Isaiah 26:3 "You will keep in perfect peace those whose minds are steadfast, because they trust in you."
- John 14:27 "Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid."







Day 1: W Embracing God's Peace Amid Change

Devotional: Discovering God's Peace Beyond Anxiety

College transitions often stir anxiety over the unknown: new classes, roommates, and environments. When anxiety rises, Paul advises us to bring every concern to God through prayer and thanksgiving. This act of deliberate trust is more than a spiritual exercise; it invites God's peace—a peace so powerful it surpasses human understanding—to settle in our hearts and minds.

As a college student, you might feel overwhelmed by decisions or stressed by deadlines. But God's promise is to protect your heart with a peace rooted in Him, not dependent on external circumstances. Instead of letting worry consume your energy, use these moments to bring your fears and hopes before God. Remember, perfect peace comes to those who keep their minds focused on Him.

Take a moment today to identify what worries are weighing you down. Then, intentionally hand them over to God in prayer. Trusting Him in this way is the first step in living with His transcendent peace during every change.







Day 1: 🖏 Embracing God's Peace Amid Change

Reflect and Apply

	What are some transitions in your college journey causing you anxiety right now?
2.	How might turning your worries into prayers change your perspective?
	What does 'peace that surpasses all understanding' mean to you personally?







Day 1: 🖏 Embracing God's Peace Amid Change

Journaling Prompts

1.	List three specific anxieties you want to surrender to God today.
2.	Write a prayer asking God to guard your heart and mind.
3.	Reflect on a past situation where God gave you peace amid uncertainty.







Day 1: W Embracing God's Peace Amid Change

Prayer for Today

Dear Lord, help me to bring every worry and anxious thought to You today. Teach me to pray with thanksgiving even when things feel uncertain or overwhelming. May Your peace—an amazing peace that goes beyond what I can comprehend—guard my heart and mind as I face these transitions. Strengthen my trust in You, and calm my spirit when fears threaten to arise. I surrender my anxieties and invite Your peace to reign in me. *In Jesus' Name, Amen.* 😂 🙏 💙







Day 2: 💋 Trusting God When Plans Shift









Day 2: 💋 Trusting God When Plans Shift

Your Verse

Proverbs 3:5-6 - "Trust in the Lord with all your heart and lean not on your own understanding; in all your ways submit to him, and he will make your paths straight."

Supporting Scriptures

- Jeremiah 29:11 "For I know the plans I have for you," declares the Lord, "plans to prosper you and not to harm you, plans to give you hope and a future."
- Psalm 37:5 "Commit your way to the Lord; trust in him and he will do this."







Day 2: **B** Trusting God When Plans Shift

Devotional: Letting God Guide Your Unfolding Story

College life often includes unexpected twists: classes may not go as planned, relationships shift, or career paths become unclear. The challenge is learning to trust God even when your own plans fall apart.

Proverbs encourages us to trust God wholeheartedly and not depend solely on our understanding. This is not always easy, especially as young adults eager to control their futures. Yet, surrendering your plans to God opens the door for Him to guide you with wisdom and grace.

Remember Jeremiah 29:11, where God assures you that His plans for you are hopeful and prosperous. Even if your current path feels uncertain, God's purpose is never to harm you but to lead you into a future filled with promise. As you face shifts in your college journey, practice submitting your ways to Him, trusting that He will make your paths straight.

Today, invite God into your decision-making. Ask Him to help you trust Him fully—not just when things go your way, but especially when you must adapt and change course.







Day 2: **B** Trusting God When Plans Shift

Reflect and Apply

1.	In what areas of your college life do you struggle to trust God's plan?
2.	How do you usually react when your personal plans don't work out?
	What might it look like to "submit your ways to the Lord" in practical terms?







Day 2: **B** Trusting God When Plans Shift

Journaling Prompts

1.	Write about a time a change led to unexpected blessings.
2.	List areas where you're resisting surrendering control to God.
3.	Commit a specific future decision to God in writing.







Day 2: 💋 Trusting God When Plans Shift

Prayer for Today

Heavenly Father, teach me to trust You with my whole heart, especially when my plans change unpredictably. Help me to submit my desires and timelines to Your perfect will. Remind me daily that Your plans for my life are good and filled with hope. Give me the courage to follow Your guidance even when I don't understand the path. May I find peace in knowing You are always working for my good. *In Jesus' Name, Amen.*

















Your Verse

Psalm 4:8 – "In peace I will lie down and sleep, for you alone, Lord, make me dwell in safety."

Supporting Scriptures

- Psalm 46:10 "Be still, and know that I am God."
- 2 Thessalonians 3:16 "Now may the Lord of peace himself give you peace at all times and in every way."







Devotional: Resting Securely Under God's Care

Transitions can often bring sleepless nights and restless minds. The pressure to perform well or fit in can steal your rest. But the psalmist reminds us that true rest and peace come from God, who alone provides safety.

When you feel overwhelmed, God invites you to **be still** and acknowledge His sovereignty. That stillness is not just an absence of activity, but a deep trust that God's presence surrounds you, protecting you from harm.

As a college student, learning to rest—both physically and spiritually—is an act of faith. It means trusting that God is your refuge amidst exams, decisions, and uncertainties. It means letting God's peace saturate your being so deeply that even sleep becomes peaceful and restorative.

Tonight, as you prepare to rest, remind yourself that God is watching over you and holds you securely in His care. Let His peace gently calm your thoughts and usher you into a deep, refreshing sleep.







Reflect and Apply

	What worries keep you awake at night, and how do they affect your peace?
2.	How can practicing 'being still' deepen your trust in God?
3.	What does it mean to you that God makes you 'dwell in safety'?







Journaling Prompts

	Describe your typical bedtime routine and how you can include time for prayer or stillness.
2.	Write about a time you experienced God's peace in a stressful situation.
3.	Set a goal for how you will seek rest in God this week.







Prayer for Today

Lord, help me to rest securely in Your presence. Calm my restless heart and anxious mind, especially during challenging nights. Teach me to be still and know You are in control, watching over every detail of my life. Let Your peace surround me like a shield, so I may lie down and sleep peacefully. Thank You for being my refuge and strength. *In Jesus' Name, Amen.* \checkmark















Your Verse

Joshua 1:9 - "Have I not commanded you? Be strong and courageous. Do not be afraid; do not be discouraged, for the Lord your God will be with you wherever you go."

Supporting Scriptures

- 2 Timothy 1:7 "For the Spirit God gave us does not make us timid, but gives us power, love and self-discipline."
- Isaiah 41:10 "So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand."







Devotional: Strength and Courage Rooted in God's Presence

Starting college or entering new phases is thrilling but often intimidating. It's normal to feel fear or discouragement about the unknown ahead. Yet God commands believers to be strong and courageous, reminding us this strength comes from His unchanging presence.

Joshua's encouragement resonates today: God is with you wherever you go. His Spirit equips you not with fear, but with power, love, and self-control. As a college student, this means stepping forward in confidence, knowing God provides the courage needed to face challenges and uncertainties.

Begin each day with a reminder that God's presence goes before you and surrounds you. When nervousness and doubt creep in, draw from His promises. Trust that He strengthens and sustains you through every new beginning and transition.

Choose courage today. God's peace empowers you to embrace growth with confidence.







Reflect and Apply

1.	What fears about new beginnings do you need to surrender to God?
2.	How does knowing God is always with you change your approach to challenges?
3.	In what ways can God's Spirit give you courage and self-discipline?







Journaling Prompts

1.	Write a letter to yourself encouraging courage based on God's promises.
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	List situations where you need to rely more on God's strength than your own.
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3.]	Reflect on how you've seen God's help in past moments of fear.
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Prayer for Today

















Your Verse

Romans 12:18 - "If it is possible, as far as it depends on you, live at peace with everyone."

Supporting Scriptures

- Ephesians 4:3 "Make every effort to keep the unity of the Spirit through the bond of peace."
- Colossians 3:15 "Let the peace of Christ rule in your hearts, since as members of one body you were called to peace."







Devotional: Cultivating Peace in Relationships and Campus Life

Peace isn't only a private experience; God calls us to live it out in community. College is a melting pot of diverse backgrounds, opinions, and personalities, which can create tension and conflict. Yet Paul urges us to strive for peace with everyone, as much as it depends on us.

Living at peace means going beyond avoidance of conflict. It means actively promoting unity, forgiveness, and understanding. When Christ's peace rules in your heart, it influences how you relate to roommates, classmates, professors, and friends.

Today, challenge yourself to be a peacemaker on your campus. Seek to build bridges rather than walls. Let the peace of Christ guide your interactions, demonstrating God's love through patience and kindness.

As you move through college life, remember your peace reflects God's presence within you, impacting others far beyond your immediate circle.







Reflect and Apply

Where do you see opportunities to promote peace in your college community?
How do you handle conflict, and how might Christ's peace affect your response?
What barriers do you need to overcome to live more peacefully with others?







Journaling Prompts

1.	Write about a recent conflict and ways you could approach it with peace.
2.	List three ways you can actively foster peace in your dorm or classes.
3.	Reflect on how Christ's peace influences your relationships.







Prayer for Today

Father, help me to be a peacemaker in my community. Teach me to pursue unity and understanding, even when it's difficult. May Your peace rule in my heart and overflow into my relationships with others at college. Guide me to respond to conflict with patience, kindness, and love. Use me to bring Your peace to those around me. *In Jesus' Name, Amen.* 💝 🥞 🙏







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