## Peace in Busyness: Prioritizing Rest with God



Discover how to find true peace amid life's chaos by prioritizing rest with God. This 21-day study guides you to spiritual calm and renewal.





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Day 20: Prioritizing Rest in a Busy Life

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#### Introduction

Welcome to your 21-day journey on finding peace amid busyness. In today's fast-paced world, it's easy to become overwhelmed by endless tasks, commitments, and distractions. Many feel rushed, tired, and disconnected from the quiet center that brings true peace. But the Bible offers a profound solution: *resting in God* and prioritizing spiritual renewal.

Throughout this study, you will explore Scriptures that invite you to slow down, trust God's plan, and embrace His peace that surpasses all understanding. Each day includes a key verse, complementary scriptures, and reflections designed to help you integrate these truths into your daily life —not as mere concepts, but as lived realities.

Peace is more than the absence of conflict; it is a deep, sustaining calm that transcends circumstances. Jesus models this perfectly. In the Gospels, He often withdrew from crowds to pray and find rest, demonstrating the importance of daily communion with the Father. This intentional rhythm of work and rest is essential for us too.

As you commit to this study, be encouraged that God's peace is accessible to you right now, regardless of how hectic your schedule is. Through prayer, meditation on Scripture, and genuine surrender, you can reclaim rest and let your soul be restored.







So prepare your heart and mind to encounter God's calming presence. Allow Him to transform your understanding of busyness by making space for Him each day. May this journey bring you closer to the peaceful rest God desires for you.









## Day 1: 🔑 Finding True Rest in God









Day 1: **B** Finding True Rest in God

#### Your Verse

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

#### **Supporting Scriptures**

- Psalm 62:1 "Truly my soul finds rest in God; my salvation comes from him."
- Hebrews 4:9 "There remains, then, a Sabbath-rest for the people of God."







Day 1: **B** Finding True Rest in God

#### Devotional: Jesus' Invitation to Soul Rest

In a world filled with non-stop activity, Jesus offers a remarkable invitation: "Come to me... and I will give you rest." This rest is not merely physical sleep, but a deep spiritual relief from the weight of our worries, busyness, and striving.

When fatigue and anxiety crowd our minds, it is tempting to push harder and work longer. Yet Jesus encourages a different path—coming to Him, surrendering our burdens, and accepting His peace. This rest revitalizes our soul and empowers us to face life with renewed strength.

Today, pause and consider what weariness you are carrying. Are you willing to bring it to Jesus and receive His rest? True peace begins with the humble act of turning toward God in trust rather than relying solely on our own efforts.







Day 1: 🥬 Finding True Rest in God

## Reflect and Apply

1.	What burdens are you carrying that need to be surrendered to Jesus?
2.	How do you distinguish between physical rest and spiritual rest?
	In what ways can you intentionally come to Jesus during your busiest moments?







Day 1: 🥦 Finding True Rest in God

## **Journaling Prompts**

1.	Write down what "rest" means to you personally right now.
2.	List the things that make you feel burdened or weary.
3.	Describe how you typically respond when you feel overwhelmed.







Day 1: 🥬 Finding True Rest in God

#### Prayer for Today

Lord, thank You for inviting me to find rest in You. Help me to lay down my worries and stop striving on my own strength. Teach me to trust You more each day and to prioritize time with You above the busyness around me. Restore my soul and fill me with Your peace that calms every anxious thought. May I embrace Your rest and walk in the freedom it brings. In Jesus' name, Amen.



















#### Your Verse

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."

#### **Supporting Scriptures**

- Philippians 4:7 "And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus."
- Isaiah 26:3 "You will keep in perfect peace those whose minds are steadfast, because they trust in you."







#### Devotional: God's Peace Guards Your Heart and Mind

God's peace is uniquely different from what the world offers. The world's peace is conditional, often dependent on circumstances or the absence of trouble. But Jesus gifts us a peace that stands firm even in storms, challenges, and chaos.

This peace calms our troubled hearts and replaces fear with confidence in God's control and goodness. It guards our minds—like a watchful sentry—holding us steady when anxiety threatens to overwhelm.

During busy or stressful times, cling to this promise: God's peace is available and active within you. By focusing on Him and consciously trusting His sovereignty, you create space for His peace to grow in your life.







## Reflect and Apply

1.	How have you experienced peace that transcends your understanding?
2.	What fears or worries do you need to hand over to God today?
	In what practical ways can you keep your mind steadfast on God during busy moments?







## **Journaling Prompts**

1.	Write about a recent situation where God's peace helped you remain calm.
	List thoughts or worries that steal your peace and how you can give them to God.
3.	Consider what it means to trust God fully and note any hesitations you
•	have.







#### **Prayer for Today**

Father, thank You for Your perfect peace that calms my fears. Teach me to rely on Your presence when life feels overwhelming. Guard my heart and mind from anxious thoughts and fill me with Your peace that surpasses understanding. Help me to fix my thoughts on You throughout each busy day and find rest in Your unfailing love. Amen.



















#### Your Verse

Exodus 20:8 - "Remember the Sabbath day by keeping it holy."

#### **Supporting Scriptures**

- Genesis 2:2 "By the seventh day God had finished the work he had been doing; so on the seventh day he rested from all his work."
- Mark 6:31 "Come with me by yourselves to a quiet place and get some rest."







#### Devotional: God's Rest as a Gift, Not a Burden

God did not just create the world and leave us to our own devices; He established rest as essential. From the very beginning, rest was woven into the fabric of creation.

The Sabbath is more than a day on the calendar; it is a divine rhythm designed for restoration. Jesus further reinforced this by inviting His disciples to withdraw and rest from their labors.

In a culture that often values productivity over purity of rest, embracing God's rhythm is a radical act of faith. Prioritizing rest with God is not laziness but obedience to His design for our well-being and spiritual flourishing.







## Reflect and Apply

1.	How do you currently view rest—an obligation or a blessing?
2.	What barriers prevent you from taking intentional rest with God?
3.	How can you incorporate moments of rest into your weekly routine?







## **Journaling Prompts**

1.	Reflect on a time when Sabbath rest brought renewal to your soul.
2.	Identify activities that help you draw near to God in rest.
3.	Plan how you might honor a Sabbath rest this coming week.







#### Prayer for Today

Lord, help me to remember that rest is part of Your good design. Teach me to honor Your Sabbath by setting aside time to be with You and recharge. Break any habits that hinder my rest and help me embrace Your peaceful rhythm. May I find joy in pausing and experiencing Your presence in quietness. Amen.



















#### Your Verse

Psalm 46:10 - "Be still, and know that I am God."

#### **Supporting Scriptures**

- Lamentations 3:25–26 "The Lord is good to those whose hope is in him, to the one who seeks him; it is good to wait quietly for the salvation of the Lord."
- Zephaniah 3:17 "The Lord your God is with you, the Mighty Warrior who saves. He will take great delight in you; in his love he will no longer rebuke you, but will rejoice over you with singing."







#### Devotional: The Power of Stillness in God's Presence

Amid life's constant motion, God calls us to pause and be still. This stillness isn't inactivity but a surrender of control and an opening to deeper trust.

By stopping, we acknowledge God's sovereignty and make room to hear His voice and receive His joy. Waiting quietly can strengthen our hope and refresh our realities in hectic seasons.

When busyness tempts you to rush ahead, choose instead to be still and know God is present—willing and able to save, delight in you, and renew your spirit.







## Reflect and Apply

1.	What prevents you from practicing stillness in your daily life?
2.	How can being still foster deeper trust in God amid stress?
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3.	In what ways have you experienced God's delight or joy recently?







## **Journaling Prompts**

1.	Describe what being still before God feels like for you.
2.	Note distractions that interfere with your stillness and how to overcome them.
3.	Write about a time you sensed God's presence when you paused.







#### Prayer for Today

Dear God, teach me to be still and recognize Your presence in the midst of chaos. Help me silence the noise and steady my heart to receive Your peace and joy. May I learn to wait quietly with hope, trusting that You are working all things for my good. Fill me with Your love and delight. Amen.



















#### Your Verse

Psalm 36:7 - "How priceless is your unfailing love, O God! People take refuge in the shadow of your wings."

#### **Supporting Scriptures**

- Deuteronomy 33:27 "The eternal God is your refuge, and underneath are the everlasting arms."
- Psalm 91:1 "Whoever dwells in the shelter of the Most High will rest in the shadow of the Almighty."







#### Devotional: Finding Refuge Under God's Wings

When busy, the soul longs for refuge. God's unfailing love is the safe shelter where we can rest deeply.

Like a mother bird's wings protecting her young, God's care surrounds and shields us. Unlike our fleeting attempts to find peace, His love is constant and strong.

Today, seek rest not just in activity, but in the reality of God's unwavering affection for you. Trust that underneath you are His everlasting arms holding you securely, no matter the circumstances.







## Reflect and Apply

1.	How do you experience God's love in moments of stress?
2.	What does it mean for you to take refuge in God right now?
3.	How can you remind yourself daily of God's protective love?







#### **Journaling Prompts**

1.	Write about a time you felt God's protective love like wings.
2.	List ways God's everlasting arms have supported you recently.
3.	Express in your own words the comfort you find in God's love.







#### Prayer for Today

Lord, thank You for being my refuge and strong shelter. Help me to rest in the shadow of Your wings today and always. When I feel overwhelmed, remind me that Your unfailing love never fails and Your arms uphold me. May I place full confidence in Your care and find peace in Your embrace. Amen.









# Day 6: Peace in the Midst of Restless Nights









#### Your Verse

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

#### **Supporting Scriptures**

- Proverbs 3:24 "When you lie down, you will not be afraid; when you lie down, your sleep will be sweet."
- Psalm 127:2 "In vain you rise early and stay up late, toiling for food to eat
   — for he grants sleep to those he loves."







# Devotional: God's Gift of Peaceful Sleep

Many experience restless nights when worry and busyness linger. Yet God invites us to lay down our heads with peace, knowing He is our safety.

Sleep is a gift from God, part of His design for restoration. Trying to solve problems or carry burdens alone in those quiet hours often intensifies anxiety.

*Trust in God's care can transform your nights from unrest to sweet, secure rest.* Before bed, surrender your concerns to Him and lean into His protection.







# Reflect and Apply

1.	What keeps your mind busy or anxious at night?
2.	How can you make a habit of entrusting your fears to God before sleep?
3.	What changes might improve your restful sleep in God's peace?







# **Journaling Prompts**

Describe your current nighttime routine and how it affects your rest.
Write a prayer of surrender to God before sleep.
List thoughts or worries to release to God's care tonight.







# **Prayer for Today**

Father, thank You that You are my safety and my peace. Tonight, I lay down to sleep without fear, trusting You watch over me. Calm my restless thoughts and grant me sweet, renewing rest. Help me wake refreshed and ready to face the day with Your peace in my heart. Amen.



















#### Your Verse

Hebrews 6:19 – "We have this hope as an anchor for the soul, firm and secure."

#### **Supporting Scriptures**

- Romans 15:13 "May the God of hope fill you with all joy and peace as you trust in him."
- Isaiah 40:31 "Those who hope in the Lord will renew their strength."







# Devotional: God's Hope Grounds Your Soul

**Hope in God acts like an anchor for the soul.** In busy or turbulent seasons, this hope holds us steady, preventing us from drifting into fear or despair.

Trusting God fills us with joy and peace—two emotions that seem opposing busyness but actually fortify our spirit.

Choose today to anchor yourself firmly in God's promises and hope. This will renew your strength to persevere with a peaceful heart amidst every task and trial.







# Reflect and Apply

1.	How does hope in God sustain you during stressful times?
2.	In what ways can you remind yourself of God's promises daily?
3.	What practical steps can you take to deepen your trust in God?







# **Journaling Prompts**

1.	Write about a hope-filled scripture that encourages you.
2.	List promises of God you can cling to in busyness.
3.	Reflect on moments when hope renewed your strength.







# **Prayer for Today**

Lord, anchor my soul in the hope You provide. Fill me with joy and peace as I trust You fully. Renew my strength when I feel weak or overwhelmed. Help me hold firmly to Your promises so that no storm or task can shake my peace. Thank You for being my secure refuge. Amen.









# Day 8: Embracing God's Peace in Daily Chaos









Day 8: Day 8: Embracing God's Peace in Daily Chaos

#### Your Verse

Colossians 3:15 – "Let the peace of Christ rule in your hearts, since as members of one body you were called to peace."

#### **Supporting Scriptures**

- Isaiah 26:12 "Lord, you establish peace for us; all that we have accomplished you have done for us."
- 2 Thessalonians 3:16 "Now may the Lord of peace himself give you peace at all times and in every way."







Day 8: 😂 Embracing God's Peace in Daily Chaos

### Devotional: Letting Christ's Peace Rule Your Heart

God calls us not just to seek peace, but to let it rule our hearts. This means peace becomes the governing principle in our thoughts, decisions, and relationships.

Daily chaos will not disappear, but by inviting Christ's peace to lead, we can respond with calmness and grace.

Practice surrendering control of your busy day to God's influence, allowing His peace to guide your interactions and mindset. Your commitment to this transforms ordinary moments into peaceful encounters with God.







Day 8: 🛱 Embracing God's Peace in Daily Chaos

# Reflect and Apply

1.	What areas of your heart need Christ's peace to rule more fully?
2.	How do you respond to chaos or conflict without peace?
3.	What habits will help you cultivate a peace-led life?







Day 8: 😩 Embracing God's Peace in Daily Chaos

# **Journaling Prompts**

1.	Record moments today when you invited Christ's peace to lead you.
2.	List triggers that steal your peace and strategies to counter them.
3.	Describe how peace affects your relationships.







Day 8: Day 8: Embracing God's Peace in Daily Chaos

# Prayer for Today

**Jesus, let Your peace rule in my heart today.** Teach me to respond to busyness and conflict with calmness and love. Help me remember that Your peace is my strength and guide. May I be a reflection of Your peace in all I do. Amen.



















#### 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**

- 1 Thessalonians 5:17 "Pray continually."
- James 5:16 "The prayer of a righteous person is powerful and effective."







# Devotional: Prayer Unlocks God's Peace

**Prayer is a powerful gateway to God's peace.** Instead of letting anxiety dictate your heart, deliberate prayer invites God's calming presence into your situation.

Presenting your needs with thanksgiving shifts your perspective from fear to faith, opening space for peace that surpasses human understanding.

Make prayer a daily habit, especially in moments of busyness or stress. It nurtures a deeper connection with God and anchors your soul firmly in peace.







# Reflect and Apply

1.	How consistent is your prayer life, especially during busy seasons?
2.	In what ways does thanksgiving affect your prayers and peace?
3.	What keeps you from praying more regularly?







# **Journaling Prompts**

1.	Write your prayers for today, including thanksgiving and requests.
2.	Reflect on how prayer has brought peace in your past challenges.
3.	Plan realistic ways to incorporate prayer into your daily routine.







## Prayer for Today

Heavenly Father, thank You for hearing my prayers. Teach me to bring everything to You with a thankful heart, trusting You to give peace beyond my understanding. Guard my heart and mind in Christ Jesus as I seek You continually. Help me rely on prayer in every situation. Amen.









# Day 10: See Restoring the Soul Through Quietness









Day 10: Se Restoring the Soul Through Quietness

#### Your Verse

Isaiah 30:15 - "In repentance and rest is your salvation, in quietness and trust is your strength."

#### **Supporting Scriptures**

- Psalm 23:2 "He makes me lie down in green pastures, he leads me beside quiet waters."
- Lamentations 3:26 "It is good to wait quietly for the salvation of the Lord."







Day 10: Se Restoring the Soul Through Quietness

## Devotional: The Strength of Quiet Trust in God

Quietness is a means by which God restores our souls. In moments of repentance and rest, we find salvation and renewed strength.

By stepping away from noise, distraction, and busyness, we create space for God to refresh and guide us.

Seek moments of quiet today, even in small ways, and trust God to make you strong through stillness and trust.







Day 10: 😂 Restoring the Soul Through Quietness

# Reflect and Apply

1.	When was the last time you intentionally practiced quietness before God?
2.	How does quietness help you connect more deeply with God?
3.	What distractions keep you from experiencing soul restoration?







Day 10: 😂 Restoring the Soul Through Quietness

# **Journaling Prompts**

1.	Describe what repentance and rest mean to you personally.
2.	Identify times when God refreshed you through quiet moments.
3.	Plan simple ways to incorporate quietness into your day.







Day 10: 🚨 Restoring the Soul Through Quietness

# Prayer for Today

Lord, help me find rest and strength in quietness and trust. Teach me to pause and repent, allowing You to restore my soul. In the midst of my busy life, remind me to seek Your peace in silence. May my heart find salvation in Your presence. Amen.

















#### Your Verse

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

#### **Supporting Scriptures**

- Psalm 23:3 "He refreshes my soul."
- Matthew 28:20 "I am with you always, to the very end of the age."







### Devotional: God Strengthens When You Are Weak

Weariness is common in a busy life, but God provides refreshment. His strength is made perfect in our weakness.

When you feel depleted, recall God's promise to renew your spirit and empower you beyond your own capabilities.

Allow His presence to renew you daily and trust that He is always with you through each challenge.







# Reflect and Apply

1.	What areas of your life feel the most weary right now?
2.	How can you actively seek God's strength today?
3.	What does it mean to you that God is always present?







# **Journaling Prompts**

1.	Write about a time God renewed your strength in difficulty.
2.	List ways you can experience God's refreshment regularly.
3.	Express any fears or doubts about relying on God's strength.







# Prayer for Today

**Lord, when I feel weary, renew my strength.** Teach me to depend on You and embrace Your power in my weakness. Thank You for Your constant presence and care. Refresh my soul today and fill me with Your energy and peace. Amen.

















Day 12: A Rooted Deeply in God's Peace

#### Your Verse

Jeremiah 17:7-8 - "But blessed is the one who trusts in the Lord... They are like a tree planted by the water that sends out its roots by the stream."

#### **Supporting Scriptures**

- Psalm 1:3 "That person is like a tree planted by streams of water, which yields its fruit in season."
- Colossians 2:7 "Rooted and built up in him, strengthened in the faith as you were taught."







Day 12: A Rooted Deeply in God's Peace

#### Devotional: Grow Deep Roots of Trust and Peace

Trusting God roots your life firmly, producing spiritual fruit even amid challenges. Just as a tree beside water remains healthy and grounded, so your faith will flourish when nourished by God's peace.

Focus on deepening your trust and connection with God, especially in busy seasons. This rootedness brings stability and joy.







Day 12: • Rooted Deeply in God's Peace

# Reflect and Apply

1.	What does being rooted in God look like in your daily life?
2	How can you strengthen your faith during times of busyness?
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3.	What spiritual fruits are visible in your life now?







Day 12: • Rooted Deeply in God's Peace

# **Journaling Prompts**

1.	Describe how trusting God has impacted your peace.
2.	List ways to nourish your faith daily.
3.	Reflect on personal growth you see from being spiritually rooted.







Day 12: Rooted Deeply in God's Peace

### Prayer for Today

**Father, help me to be deeply rooted in You.** Strengthen my faith, and let Your peace nourish my life so I can bear good fruit. Keep me grounded even when the world is chaotic. Teach me to rely fully on Your sustaining love. Amen.



















Day 13: 🗱 Restoring Joy Through Peace

#### Your Verse

Nehemiah 8:10 - "The joy of the Lord is your strength."

#### **Supporting Scriptures**

- Psalm 16:11 "In your presence there is fullness of joy."
- John 15:11 "I have told you this so that my joy may be in you and that your joy may be complete."







Day 13: 🗱 Restoring Joy Through Peace

#### Devotional: God's Peace Restores Your Joy

**True joy is grounded in God's presence and peace.** Joy is not dependent on external circumstances but the deep relationship we have with God.

When busy days drain your energy, reconnecting with God can replenish joy and empower you to continue with strength.

Invite God's peace to strengthen your joy today and notice how it uplifts your soul amid challenges.







Day 13: ₹ Restoring Joy Through Peace

# Reflect and Apply

1.	How does God's peace influence your sense of joy?
2.	What activities help you remain joyful when life feels hectic?
3.	Where do you need more joy and peace in your heart?







Day 13: ₹ Restoring Joy Through Peace

# **Journaling Prompts**

1.	Write about a joyful experience of God's presence recently.
2.	List ways you can cultivate joy through God's peace daily.
3.	Reflect on obstacles that reduce your joy and how to address them.







Day 13: 🗱 Restoring Joy Through Peace

### Prayer for Today

Lord, fill me with Your joy that strengthens my soul. Let Your peace flow through me, restoring happiness and hope. Help me to rejoice in Your presence and to face busy days with a joyful heart. Thank You for being my lasting joy. Amen.



















Day 14: 
Healing Rest for the Brokenhearted

#### Your Verse

Psalm 147:3 - "He heals the brokenhearted and binds up their wounds."

#### **Supporting Scriptures**

- Isaiah 61:1 "He has sent me to bind up the brokenhearted."
- Matthew 11:29 "I will give you rest."







Day 14: (\*) Healing Rest for the Brokenhearted

#### Devotional: God's Peace Heals and Restores

God's peace brings healing for broken hearts amidst life's pressures. When busyness adds layers of stress on pain, only God's tender care can restore.

He not only heals wounds but also offers rest for the hurting soul.

Allow God to minister His healing peace to your inner hurts during this study.







Day 14: ( Healing Rest for the Brokenhearted

# Reflect and Apply

1.	What brokenness do you need God's healing peace for?
2.	How can rest in God assist your emotional and spiritual healing?
3.	What are steps toward trusting God with your wounds?







Day 14: ( Healing Rest for the Brokenhearted

# **Journaling Prompts**

1.	Write a prayer surrendering your hurts to God.
2.	List ways God has healed you in the past.
3.	Reflect on how rest and healing relate in your life.







Day 14: 
 Healing Rest for the Brokenhearted

### Prayer for Today

**Father, I bring my brokenness before You.** Heal my heart and bind my wounds with Your peace and love. Help me to rest fully in You and receive Your comfort during difficult times. Renew my spirit and make me whole again. Amen.



















#### Your Verse

Psalm 119:165 - "Great peace have those who love your law, and nothing can make them stumble."

#### **Supporting Scriptures**

- John 15:7 "If you remain in me and my words remain in you, ask whatever you wish, and it will be done for you."
- Romans 15:4 "For everything that was written in the past was written to teach us."







#### Devotional: Peace Comes from Loving God's Word

**Immersing ourselves in God's Word anchors us in peace.** The Scriptures provide guidance, comfort, and assurance for every season, including the busiest ones.

When we love and meditate on God's law, we receive great peace that steadies us through trials.

Commit to not just reading but dwelling on God's Word daily as a source of peace and strength.







# Reflect and Apply

How often do you engage deeply with Scripture?
What verses bring you peace during busy or anxious times?
How might your daily routine change to include more God's Word?







# **Journaling Prompts**

1.	List favorite comforting Scriptures and why they encourage you.
2.	Write about a Scripture that has helped you overcome anxiety.
3.	Plan a daily time to read and reflect on God's Word.







### Prayer for Today

Lord, help me love Your Word and find peace in it. Teach me to meditate on Your truth and live by Your guidance. Let Your Scriptures be lamp and light for every day, calming my heart and leading me to rest in You. Amen.

















#### 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."
- Matthew 5:9 "Blessed are the peacemakers, for they will be called children of God."







### Devotional: Peace in Relationships Honors God's Rest

**God's peace extends into our relationships.** Living at peace with others is part of reflecting the rest God provides for us personally.

Building peaceful relationships requires intentional effort, grace, and forgiveness, especially when life gets busy.

Pray for the ability to be a peacemaker in your spheres of influence and to experience God's rest through relational harmony.







# Reflect and Apply

1.	Where in your relationships is God calling you to pursue peace?
2.	How does busyness affect your ability to maintain peaceful connections?
3.	What steps can you take to promote peace and unity around you?







## **Journaling Prompts**

1.	Write about a relationship that brings you peace and why.
2.	Reflect on conflicts in your life and ways to bring peace.
3.	Plan practical actions to be a peacemaker this week.







### Prayer for Today

Lord, help me live at peace with everyone I encounter. Grant me grace, patience, and a servant heart to be a peacemaker. Heal any broken relationships and teach me to forgive and love as You do. Let Your rest flow through my connections with others. Amen.











# Day 17: Peace Amid Uncertainty









Day 17: Peace Amid Uncertainty

#### Your Verse

Isaiah 41:10 – "Do not fear, for I am with you; do not be dismayed, for I am your God."

#### **Supporting Scriptures**

- Psalm 56:3 "When I am afraid, I put my trust in you."
- 2 Corinthians 12:9 "My grace is sufficient for you, for my power is made perfect in weakness."







Day 17: Peace Amid Uncertainty

#### Devotional: God's Presence Calms Fear and Doubt

Uncertainty breeds fear, but God's presence conquers it. When the future is unknown or your schedule overwhelming, God reassures us not to fear.

Trusting in Him allows us to walk forward with peace despite unanswered questions.

Embrace God's promise to be your strength and presence in every uncertainty.







Day 17: 🌈 Peace Amid Uncertainty

# Reflect and Apply

1.	What uncertainties are weighing heavily on your heart?
2.	How does God's promise to be with you affect your worries?
3.	How can you remind yourself of God's grace in weakness?







Day 17: 🌈 Peace Amid Uncertainty

# **Journaling Prompts**

1.	Write about fears you want to hand over to God.
2.	List Scriptures that encourage you during uncertain times.
3.	Plan ways to cultivate trust when life feels unpredictable.







Day 17: 🌈 Peace Amid Uncertainty

### Prayer for Today

Heavenly Father, I choose to trust You amid uncertainty. Take away my fear and replace it with confidence in Your presence and grace. Help me rely on Your strength when I feel weak or unsure. Thank You for being my constant guide. Amen.



















Day 18: • Peaceful Productivity with God

#### Your Verse

Psalm 127:1 - "Unless the Lord builds the house, the builders labor in vain."

#### **Supporting Scriptures**

- Ecclesiastes 3:1 "There is a time for everything, and a season for every activity under the heavens."
- Proverbs 16:3 "Commit to the Lord whatever you do, and he will establish your plans."







Day 18: Feaceful Productivity with God

#### Devotional: Work with God's Peaceful Guidance

True productivity flows from partnership with God, not mere busyness. Our labor is meaningful only when aligned with God's purposes and timing.

When you commit your work to God, you invite His peace to govern your efforts and keep your heart rested.

Seek God's guidance before engaging in tasks and trust Him to establish your plans for lasting impact.







Day 18: 🌓 Peaceful Productivity with God

# Reflect and Apply

1.	Are your current activities aligned with God's purposes?
2.	How can you seek God's guidance before acting?
3.	What steps help you avoid burnout and rest well while working?







Day 18: 🌓 Peaceful Productivity with God

# **Journaling Prompts**

1.	Write about a recent task you committed to God in prayer.
2.	List ways to include God more in planning your daily work.
3.	Reflect on balancing productivity and rest according to Scripture.







Day 18: • Peaceful Productivity with God

## Prayer for Today

**Lord, help me build on the foundation You provide.** Teach me to commit my work to You and depend on Your guidance. Keep my heart rested as I labor and prevent busy-ness from stealing my peace. May all I do glorify You. Amen.



















Day 19: 🎇 Gratitude's Role in Peace

#### Your Verse

1 Thessalonians 5:18 – "Give thanks in all circumstances; for this is God's will for you in Christ Jesus."

#### **Supporting Scriptures**

- Psalm 100:4 "Enter his gates with thanksgiving and his courts with praise; give thanks to him and praise his name."
- Colossians 3:15 "Let the peace of Christ rule in your hearts, since as members of one body you were called to peace."







Day 19: 🗱 Gratitude's Role in Peace

#### Devotional: Thankfulness Invites God's Peace

**Gratitude opens the door to God's peace.** When we focus on thanks rather than troubles, our hearts align with God's will and His calming presence fills us.

Even in challenging seasons, thanksgiving lifts our gaze to God's faithfulness and provision.

Practice cultivating gratitude today and watch your peace grow.







Day 19: 🎇 Gratitude's Role in Peace

# Reflect and Apply

1.	What are you thankful for today despite busyness or struggles?
2.	How does gratitude shape your perspective during hard times?
3.	What daily habits increase your awareness of God's blessings?







Day 19: 🎇 Gratitude's Role in Peace

# Journaling Prompts

1.	List five things you are grateful for right now.
2.	Write about a time gratitude changed your attitude or peace.
3.	Plan a gratitude practice to start and maintain daily.







Day 19: 🞇 Gratitude's Role in Peace

## Prayer for Today

Thank You, God, for Your blessings both seen and unseen. Help me cultivate a heart of gratitude in all circumstances. Teach me to enter Your presence daily with thanksgiving, inviting Your peace to rule my heart. May thankfulness fill my being and sustain me. Amen.









# Day 20: Prioritizing Rest in a Busy Life









Day 20: 

Prioritizing Rest in a Busy Life

#### Your Verse

Mark 1:35 – "Very early in the morning, while it was still dark, Jesus got up, left the house and went off to a solitary place, where he prayed."

#### **Supporting Scriptures**

- Luke 5:16 "But Jesus often withdrew to lonely places and prayed."
- Psalm 127:2 "In vain you rise early and stay up late, toiling for food to eat for he grants sleep to those he loves."







Day 20: 🕰 Prioritizing Rest in a Busy Life

## Devotional: Follow Jesus' Example of Rest

Jesus modeled prioritizing rest and solitude even within His busy ministry.

Early mornings and quiet places were sacred times for communion and renewal.

If the Son of God needed rest, how much more we do!

Follow His example by intentionally creating space to rest and pray amid your demanding schedule.







Day 20: 🕰 Prioritizing Rest in a Busy Life

# Reflect and Apply

1.	How do you currently prioritize rest with God during busy days?
2.	What are practical ways to build solitude and prayer into your schedule?
3.	How might resting with God improve your overall well-being?







Day 20: 🕰 Prioritizing Rest in a Busy Life

## **Journaling Prompts**

1.	Reflect on times you've experienced peace through solitude and prayer.
2.	Write a plan for incorporating rest and prayer into your routine.
3.	Identify obstacles that prevent you from resting with God and ways to overcome them.







Day 20: A Prioritizing Rest in a Busy Life

#### Prayer for Today

**Jesus, help me follow Your example of rest and prayer.** Guide me to seek quiet moments with You, especially in busy seasons. Teach me to value rest as essential and find renewal in Your presence daily. May I prioritize time with You above all else. Amen.

















#### Your Verse

2 Corinthians 13:11 – "Live in peace. And the God of love and peace will be with you."

#### **Supporting Scriptures**

- John 16:33 "In this world you will have trouble. But take heart! I have overcome the world."
- Galatians 5:22-23 "But the fruit of the Spirit is... peace..."







#### Devotional: Commit to a Life Rooted in Peace

**God invites us to live continuously in His peace.** Though troubles persist, the God of love and peace remains with us, empowering peace to grow as a fruit of the Spirit.

This peace doesn't erase challenges but transforms how we experience life through Christ's victory.

Commit today to walk in ongoing peace by relying on God's presence daily and inviting the Holy Spirit's work in your life.







# Reflect and Apply

1.	How will you commit to living in God's peace daily?
2.	What role does the Holy Spirit play in cultivating peace within you?
3.	How can you respond differently to trouble knowing Christ has overcome the world?







# **Journaling Prompts**

1.	Write a personal commitment to living in God's peace.
2.	List spiritual habits that nurture peace in your heart.
3.	Reflect on how God's peace has changed you over this study.







## Prayer for Today

**Father, I choose to live each day in Your peace.** Fill me with Your love and the power of Your Spirit to bear the fruit of peace. Help me face life's troubles with courage, knowing You have overcome the world. May Your peace rule my heart forever. Amen.









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