



Peace in Engagement: Preparing Hearts for Marriage



Explore God's peace during engagement, fostering calm hearts and strong faith as you prepare for marriage.

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Introduction

Preparing for marriage is an exciting and sometimes overwhelming season. Engagement brings joy, hope, and dreams, but it can also stir anxieties and uncertainties. As couples look forward to a life together, *peace* becomes an essential foundation. In this study, we will explore how God's peace surpasses mere absence of conflict—it is a deep, abiding calm that strengthens hearts and unites couples during engagement.

Peace in engagement is not just about avoiding disagreements; it is about intentionally cultivating trust in God and in each other. This kind of peace guards hearts against fear, impatience, and doubt, enabling couples to prepare spiritually, emotionally, and mentally for marriage. God's Word offers powerful truths that remind us of His promises to sustain and comfort us. His peace brings assurance that no matter the challenges ahead, His presence will remain steadfast.

Throughout this 5-day study, you will encounter scriptures that call you to seek God's peace actively. Each day highlights practical and spiritual insights to help calm your heart amid preparations, encouraging open communication, forgiveness, and hope based on God's faithfulness. May this time draw you closer to each other and to the One who binds you with love and peace.





Day 1: 🕊 Embracing God's Peace in Uncertainty



Day 1: 🕊️ Embracing God's Peace in Uncertainty

Your Verse

Philippians 4:6-7 NIV "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

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



Day 1: 🕊️ Embracing God's Peace in Uncertainty

Devotional: Surrender Anxiety, Embrace God's Peace

Engagement can bring exciting plans as well as uncertainties. It's normal to feel anxious about the future—will everything go smoothly? How will you handle differences? Philippians 4:6–7 reminds us to bring every worry to God through prayer. Instead of letting anxiety take hold, we are invited to present our requests with thanksgiving, trusting God's provision.

This peace is described as transcending all understanding. It guards both your hearts and minds, offering protection from doubt and fear. Unlike temporary solutions the world offers, God's peace remains firm and lasting.

Choosing to lean into God's peace means surrendering worries to Him daily. Take a moment to pray about any anxieties regarding your engagement or future marriage. Thank God for His faithfulness and see how He calms your heart in answer.



Day 1: 🕊️ Embracing God's Peace in Uncertainty

Reflect and Apply

1. What are some specific worries you can bring to God today?

2. How can thanksgiving shift your perspective amidst anxiety?

3. In what ways have you experienced God's peace in difficult moments before?



Journaling Prompts

1. List your current fears or uncertainties and write a prayer releasing them to God.

2. Describe what God's peace feels like in your heart.

3. Reflect on a past challenge where God's peace sustained you.



Day 1: 🕊️ Embracing God's Peace in Uncertainty

Prayer for Today

Lord, thank You that Your peace is available to us even in uncertain times.
 Help us to cast all our anxieties on You and trust You fully with our
 engagement journey. Guard our hearts and minds as we prepare for marriage.
 Teach us to rely on Your calming presence and to cultivate peace together.
 May this peace transform our hearts and strengthen our love. *In Jesus' name,*
Amen. 🕊️ 🙏 ❤️





Day 2: 💛 Building Trust with Peaceful Communication



Your Verse

Ephesians 4:29 NIV "Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs, that it may benefit those who listen."

Supporting Scriptures

- *James 1:19 "Everyone should be quick to listen, slow to speak and slow to become angry."*
- *Proverbs 15:1 "A gentle answer turns away wrath, but a harsh word stirs up anger."*



Devotional: Speak Life: Peace Through Loving Communication

Peace in engagement is deeply tied to how we communicate. As you prepare for marriage, your words have the power to build up or tear down. Ephesians 4:29 calls us to speak only what benefits and encourages our partner. This kind of speech fosters trust, unity, and peace between you.

James 1:19 encourages being quick to listen and slow to speak or anger—skills essential for peaceful communication. When disagreements arise, responding gently (Proverbs 15:1) can prevent misunderstandings and hurt feelings.

Practice active listening and choose words that uplift your fiancé(e). Such practices build a safe space where both hearts feel heard and valued. This peace-filled approach nurtures love and prepares your relationship for marriage challenges with grace.



Reflect and Apply

1. How do your words currently affect your partner's heart?

2. Are there times when you find it difficult to listen patiently? Why?

3. What changes can you make to foster gentleness in your conversations?



Journaling Prompts

1. Recall a recent conversation that brought peace, and what made it so positive.

2. Write down ways you can improve listening skills in your relationship.

3. List encouraging phrases you want to regularly say to your partner.



Day 2: 🧡 Building Trust with Peaceful Communication

Prayer for Today

Father, teach us to communicate with grace and love. Help us to listen deeply and respond gently, so our words build up rather than tear down. Let our conversations be filled with encouragement and understanding as we prepare for marriage. Bind our hearts in trust and peace through every word.

In Jesus' name, Amen. ❤️ 🧡 🙏





Day 3: 🧘 Cultivating Inner Calm Through God's Presence



Your Verse

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

Supporting Scriptures

- *Matthew 6:34 "Therefore do not worry about tomorrow, for tomorrow will worry about itself."*
- *Isaiah 40:31 "Those who hope in the Lord will renew their strength."*



Devotional: Finding Calm By Being Still in God's Presence

Preparing for marriage involves many decisions and emotions. It's essential to cultivate inner calm by intentionally resting in God's presence. Psalm 46:10 reminds us to "be still"—to pause from busyness, worries, and planning—to acknowledge God as in control.

Instead of anxiously anticipating the future (Matthew 6:34), trusting God allows renewal of strength (Isaiah 40:31) and peace to come. This calmness nourishes your soul, helping you approach challenges with hope and patience.

Try incorporating moments of stillness and prayer each day, inviting God into your thoughts and feelings. Recognize that true peace is found not in the absence of activity but in the presence of God in your heart.



Reflect and Apply

1. What busyness or worries distract you from God's presence?

2. How can you create intentional moments of stillness with God daily?

3. Have you noticed changes in your heart when you pause and pray?



Journaling Prompts

1. Write about a time when being still helped you sense God's peace.

2. List distractions you need to set aside to focus on God each day.

3. Describe how your hope in the Lord renews your strength.



Day 3: 🧘 Cultivating Inner Calm Through God's Presence

Prayer for Today

Lord, help us to be still and know You deeply. In the midst of planning and expectations, remind us to pause and lean into Your presence. Renew our strength and calm our anxious thoughts. Let Your peace settle in our hearts as we place our hope fully in You. *In Jesus' name, Amen.* 🧘 🙏 💜





Day 4: ♥ Forgiveness: A Pathway to Peace Together



Day 4: ♥ Forgiveness: A Pathway to Peace Together

Your Verse

Colossians 3:13 NIV "Bear with each other and forgive one another if any of you has a grievance against someone. Forgive as the Lord forgave you."

Supporting Scriptures

- *Ephesians 4:32 "Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you."*
- *Matthew 18:21-22 "... I tell you, not seven times, but seventy-seven times."*



Day 4: ♥ Forgiveness: A Pathway to Peace Together

Devotional: Choosing Forgiveness Brings Peace and Healing

No relationship is without misunderstandings or hurts. Peace in engagement means embracing forgiveness as a daily choice. Colossians 3:13 calls us to forgive just as the Lord forgave us—completely and freely.

When you hold onto grievances, they can build walls of bitterness and distance your hearts. Forgiveness breaks down these barriers and reflects God's kindness and compassion (Ephesians 4:32). Jesus' teaching in Matthew 18 reminds us that forgiveness is not limited but continual.

Practice forgiving quickly and sincerely, releasing offenses so peace can flow. This habit prepares your relationship for the deeper challenges marriage may bring and helps you mirror Christ's love in everyday moments.



Day 4: ♥ Forgiveness: A Pathway to Peace Together

Reflect and Apply

1. Is there any lingering hurt between you and your fiancé(e)?

2. How can remembering God's forgiveness inspire you to forgive?

3. What are steps you can take to foster a forgiving heart?



Journaling Prompts

1. Identify past hurts you need to release through forgiveness.

2. Write a letter of forgiveness, even if you don't share it yet.

3. Reflect on how forgiveness has brought peace to previous conflicts.



Day 4: ♥ Forgiveness: A Pathway to Peace Together

Prayer for Today

Gracious God, soften our hearts to forgive as You have forgiven us. Help us to release any bitterness or offenses and to extend grace to each other daily. May forgiveness pave the way for peace to dwell deeply in our engagement and future marriage. Bind us with Your love and unity. *In Jesus' name, Amen.* ♥





Day 5: ✨ Hope Anchored in God's Faithful Peace



Day 5: ✨ Hope Anchored in God's Faithful Peace

Your Verse

Romans 15:13 NIV "May the God of hope fill you with all joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit."

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."*
- *Psalms 84:11 "The Lord gives strength to his people; the Lord blesses his people with peace."*



Day 5: ✨ Hope Anchored in God's Faithful Peace

Devotional: Overflowing Hope in God's Peaceful Promise

As your engagement period comes with anticipation, anchor your hope in God. Romans 15:13 prays that God fills you with joy and peace as you trust Him. This hope is not wishful thinking but a confident expectation based on God's faithfulness.

Jeremiah assures us that God's plans are good, offering a prosperous future filled with hope. His strength enables us to face challenges without fear, and His peace blesses us beyond circumstances (Psalm 29:11).

Place your trust fully in God's promises. Let hope overflow through the Holy Spirit's power, strengthening your relationship and setting a solid foundation for marriage full of joy and peace.



Day 5: ✨ Hope Anchored in God's Faithful Peace

Reflect and Apply

1. How does God's hope shape your view of your future together?

2. In what ways can you remind each other of God's faithfulness daily?

3. What hopes are you holding on to that need God's peace?



Day 5: ✨ Hope Anchored in God's Faithful Peace

Journaling Prompts

1. Write about your hopes for marriage and how God's promises encourage you.

2. List scriptures that inspire your hope and peace during engagement.

3. Describe how trusting God changes your reaction to challenges.



Day 5: ✨ Hope Anchored in God's Faithful Peace

Prayer for Today

Heavenly Father, fill us with Your hope, joy, and peace as we trust You fully. Help our hearts to overflow with confidence in Your good plans for our future. Strengthen us daily through Your Spirit and bless our relationship with unwavering peace. May our engagement be rooted in Your faithfulness and love. *In Jesus' name, Amen.* ✨ 🙏 ❤️





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