

# Peace in God's Presence: Experiencing His Stillness Daily



Discover daily the deep, abiding peace found in  
God's presence that calms your heart and renews  
your spirit amid life's storms.

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## Introduction

**Welcome to a transformative journey into the heart of true peace.** In the busyness and noise of modern life, many of us deeply long for a quiet refuge, a place where our souls can rest and fears can dissipate. The Bible speaks profoundly about *peace* — not just as the absence of conflict but as the rich, unshakable calm that flows from being in God's presence.

Throughout Scripture, God invites us into His presence where we can experience this stillness daily. Whether in moments of joy or times of struggle, His peace transcends human understanding and offers comfort beyond circumstances. This peace is not dependent on our surroundings or problems; it is a divine gift rooted in trust and hope.

In this 5-day study plan, you will explore Scriptures that reveal how God's presence brings profound peace. Each day includes a focused passage, supporting scriptures, thoughtful devotionals, and reflection questions to help you internalize and live out this truth. Journaling prompts will encourage you to capture what God reveals, and daily prayers will help you connect intimately with God's calming Spirit.

As you immerse yourself in these reflections, remember: peace is a person — Jesus Christ Himself. When you seek Him, your heart becomes a sanctuary of stillness. Let's embark on this journey together, embracing the serenity found only in God's presence.





## Day 1: Embracing God's Peace Today



Day 1: 🌿 Embracing God's Peace Today

## 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."*



Day 1: 🌿 Embracing God's Peace Today

## Devotional: Receiving the Gift of Divine Peace

**God's peace is a gift, not a goal.** Jesus offers a peace unlike any temporary calm the world can provide. It is a peace that saturates our hearts and minds, guarding us against anxiety and fear. When we face uncertainty, God's peace anchors us, reminding us that He is sovereign over all circumstances.

Today, begin by acknowledging the peace Jesus gives. Notice the contrast He makes between His peace and what the world offers. The world's peace often depends on situations being favorable. God's peace depends on relationship—trusting God who never changes.

*Inviting God's peace into your life* means turning your worries over to Him and choosing to rest in His presence. As you read today's Scriptures, ask God to help your heart receive this calming gift and fill every anxious thought with His perfect peace.



Day 1: 🌿 Embracing God's Peace Today

## Reflect and Apply

1. In what areas of your life do you struggle to experience God's peace?

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2. How does God's peace differ from worldly peace in your daily circumstances?

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3. What steps can you take to invite God's peace into situations that cause anxiety?

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Day 1: 🌿 Embracing God's Peace Today

## Journaling Prompts

1. Write about a recent moment when you felt anxious. How can God's peace transform that experience?

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2. List ways you can remind yourself of God's promise of peace daily.

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3. Describe what it feels like to surrender your worries to God.

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Day 1: 🌿 Embracing God's Peace Today

## Prayer for Today

**Lord, I thank You for the peace that only You can give.** Help me to let go of my fears and anxieties today. Teach me to trust in Your presence and to rest in the calm You provide, even when the world is unsettled. Let Your perfect peace guard my heart and mind as I seek You. Fill me with stillness that quiets my soul and renews my hope. In Jesus' name, Amen. 🌿 🙏 ❤️





## Day 2: 🌸 Finding Stillness in God's Presence



Day 2: 🌸 Finding Stillness in God's Presence

## Your Verse

*Psalm 46:10 - "Be still, and know that I am God; I will be exalted among the nations, I will be exalted in the earth."*

## Supporting Scriptures

- *Exodus 33:14 - "The Lord replied, 'My Presence will go with you, and I will give you rest.'"*
- *Isaiah 30:15 - "In repentance and rest is your salvation, in quietness and trust is your strength."*



Day 2: 🌸 Finding Stillness in God's Presence

## Devotional: The Power of Quiet Trust

**Stillness is an invitation.** God commands us to be still—not simply to pause our activity, but to quiet our hearts and focus on His presence. In a world filled with noise and distractions, this stillness can feel foreign and difficult.

Yet God's presence brings rest and strength. By choosing stillness, we open ourselves to knowing God more deeply and experiencing His peace. It's in these moments that our restless hearts are calmed, and anxiety begins to fade.

Today, practice intentional stillness. Set aside time to quiet distractions and reflect on God's presence. Let His words sink in, and allow His Spirit to renew your soul. Remember, stillness is more than silence—it is the active choice to trust and rest in God's faithful love.



Day 2: 🌸 Finding Stillness in God's Presence

## Reflect and Apply

1. What distractions keep you from being still before God?

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2. How can you create space in your day for intentional stillness?

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3. What does it mean to 'be still and know that He is God' in your current situation?

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Day 2: 🌸 Finding Stillness in God's Presence

# Journaling Prompts

1. Describe a time when you experienced God's peace through quiet reflection.

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2. Write about how you can cultivate stillness amid daily stress.

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3. List practical ways to remind yourself to pause and be with God.

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Day 2: 🌸 Finding Stillness in God's Presence

## Prayer for Today

**Dear God, teach me to be still in Your presence.** Help me to quiet the noise of this world and hear Your gentle voice clearly. Surround me with Your peace as I pause and trust in You. May my heart find rest in You alone, and may Your strength renew me daily. Thank You for the comfort of Your presence. Amen.





## Day 3: Resting in God's Faithfulness





Day 3: 🌅 Resting in God's Faithfulness

## Your Verse

*Lamentations 3:22-23 - "Because of the Lord's great love we are not consumed, for his compassions never fail. They are new every morning; great is your faithfulness."*

## Supporting Scriptures

- *Psalm 62:5 - "Yes, my soul, find rest in God; my hope comes from him."*
- *Matthew 11:28 - "Come to me, all you who are weary and burdened, and I will give you rest."*



Day 3: ☀️ Resting in God's Faithfulness

## Devotional: Finding Peace in God's Unfailing Love

**God's faithfulness is a refuge for the weary soul.** Every new day brings fresh mercies, offering renewed peace and hope. When life overwhelms, we can cling to the truth that God's love never fails and His compassion is endless.

Resting in God is an active surrender — releasing our burdens and trusting His timing and presence. Jesus invites all who are tired to find rest in Him, a promise of peace that replenishes and sustains.

Today, reflect on God's unchanging faithfulness and let it calm any restlessness within you. Recognize that your weary heart can find strength by leaning into His steadfast love and care. Let this truth guide you into deeper peace that carries you through every challenge.



Day 3: 🌅 Resting in God's Faithfulness

## Reflect and Apply

1. How does God's faithfulness encourage you in difficult times?

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2. In what ways can you daily remind yourself of God's new mercies each morning?

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3. What burdens do you need to surrender to Christ to find rest today?

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Day 3: 🌅 Resting in God's Faithfulness

## Journaling Prompts

1. Write a prayer of gratitude for God's faithfulness in your life.

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2. Recall a moment when God's compassion renewed your peace.

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3. List worries or burdens you want to give to Jesus to rest in Him.

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Day 3: 🌅 Resting in God's Faithfulness

## Prayer for Today

**Lord, thank You for Your great love and faithfulness.** When I feel weary or overwhelmed, help me to rest in You and trust Your timing. Renew my spirit each morning with Your mercy and peace. Teach me to surrender my burdens and find comfort in Your unchanging presence. May Your compassion calm my soul today and always. In Jesus' name, Amen. 🌅 ❤️ 🙏





## Day 4: 🕊️ Walking in the Peace of Christ



Day 4: 🕊️ Walking in the Peace of Christ

## 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

- *Romans 5:1 - "Therefore, since we have been justified through faith, we have peace with God through our Lord Jesus Christ."*
- *2 Thessalonians 3:16 - "Now may the Lord of peace himself give you peace at all times and in every way."*



Day 4: 🕊️ Walking in the Peace of Christ

## Devotional: Living Out the Peace of Christ

**Peace is not only a gift but also a call to action.** Paul urges believers to let Christ's peace govern their hearts, guiding choices, responses, and relationships. As members of God's family, we are called to live in harmony, reflecting His peace to others.

Walking in peace means practicing forgiveness, patience, and trust daily. It is the peace that comes from knowing we have been justified and reconciled with God. It keeps our hearts steady even amidst conflict or uncertainty.

Today, consider how you can let Christ's peace *rule* in your heart. Allow His peace to influence your interactions and decisions, becoming a testimony of His calm presence in your life and to those around you.





Day 4: 🕊️ Walking in the Peace of Christ

## Reflect and Apply

1. How does letting Christ's peace rule your heart change your daily choices?

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2. In what ways can you be an agent of peace in your community or relationships?

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3. What challenges do you face in maintaining peace, and how can faith help overcome them?

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Day 4: 🕊️ Walking in the Peace of Christ

## Journaling Prompts

1. Reflect on times you have experienced God's peace ruling your decisions.

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2. Write about ways you can promote peace in your family or workplace.

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3. Identify fears or conflicts that disrupt your peace and explore Scripture for strength.

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Day 4: 🕊️ Walking in the Peace of Christ

## Prayer for Today

**Father, let Your peace rule in my heart.** Help me to walk in harmony with others and to be a reflection of Your calm in this world. Teach me to release anger, impatience, and fear, and to embrace Your peace in every situation. Strengthen me to live as Your peaceful child, bringing Your presence to those around me. Amen. 🕊️ 🙏 💙





## Day 5: ✨ Resting Fully in God's Presence



Day 5: ✨ Resting Fully in God's Presence

## Your Verse

*Psalm 23:2-3 - "He makes me lie down in green pastures, he leads me beside quiet waters, he refreshes my soul."*

## Supporting Scriptures

- *John 16:33 - "I have told you these things, so that in me you may have peace. In this world you will have trouble. But take heart! I have overcome the world."*
- *Hebrews 4:10 - "For anyone who enters God's rest also rests from their own work, just as God did from his."*



Day 5: ✨ Resting Fully in God's Presence

## Devotional: Fully Resting in God's Refreshing Presence

**God's presence is the ultimate place of rest and restoration.** Like a shepherd leading his sheep beside quiet waters, He invites us to lie down and receive refreshment for our souls. This rest is more than physical; it is deep spiritual renewal found only in Him.

Jesus promises peace despite the troubles of life because He has overcome the world. When we fully rest in God, we cease striving in our own strength and trust His sustaining power. This surrender leads to profound peace that flows daily.

As you conclude this journey, embrace God's invitation to rest deeply in His presence. Let your soul be refreshed, and carry this peace into every moment, knowing He is with you always.



Day 5: ✨ Resting Fully in God's Presence

## Reflect and Apply

1. What does resting in God's presence look like for you personally?

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2. How can the promise of Jesus' overcoming encourage you during hard times?

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3. In what ways can you practice resting from your own efforts this week?

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Day 5: ✨ Resting Fully in God's Presence

## Journaling Prompts

1. Describe how God has refreshed your soul through this study.

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2. Write about any peace struggles you want to surrender fully to Him.

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3. Plan practical ways to incorporate intentional spiritual rest into your routine.

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Day 5: ✨ Resting Fully in God's Presence

## Prayer for Today

**Lord, Lead me to rest fully in Your presence.** Refresh my soul as I find peace beside Your quiet waters. Help me to trust in Your victory and to lay down my striving. May Your peace fill every part of me, guiding and sustaining me in all seasons. Thank You for being my Shepherd and refuge. Amen. ✨ 🙏 🌿





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