Peace in Holiness: Experiencing Wholeness by Walking with God



Explore how living in holiness and walking with God brings lasting peace and wholeness to the heart and soul.





Table of contents

<u>Introduction</u>	3
Day 1: The Peace of God's Presence	4
Day 2: Holiness: The Pathway to Peace	10
Day 3: Restoring Wholeness Through Holiness	16
Day 4: Peace Guarded by God's Power	22
Day 5: X Living Whole in God's Peace	28







Introduction

Peace is a deep and profound desire within each of us, but true peace is found only in *holiness* and fellowship with God. When we talk about peace in this study, we are focusing on the peace that transcends circumstances—a peacefulness that fills the heart when we walk closely with God in obedience and spiritual purity. This peace isn't merely the absence of conflict; it is the fullness of wholeness and rest in God's presence.

In today's world, many seek peace through temporary means—material possessions, relationships, or achievements—but these often leave the soul restless. The Bible reveals that **holiness**—living set apart and surrendered to God—opens the way to experience God's perfect peace. It aligns our lives with His will and brings harmony between our spirit and God's Spirit.

This five-day study invites you to explore scripture passages that emphasize walking in holiness as the pathway to peace. You will discover that true peace involves moral purity, dependence on God, and a heart positioned toward Him. Each day, we will uncover scriptural truths and practical applications showing how holiness nurtures inner peace and life's wholeness.

As you engage in this study, be encouraged to reflect deeply and foster intimacy with God. Let His peace in holiness transform your heart and mind, leading you to live fully in His presence and experience true rest. Let's begin this journey of peace by seeking holiness together—because walking with God is the pathway to perfect peace. 🛠

















Your Verse

Psalm 29:11 - "The LORD gives strength to his people; the LORD blesses his people with peace."

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."







Devotional: God's Presence Is the Source of True Peace

Peace begins with God's presence. Psalm 29:11 reminds us that it's the LORD who blesses His people with peace. When we walk with God, He strengthens us and fills our hearts with a supernatural calm, regardless of life's storms.

Jesus' words in John 14:27 reinforce that the peace He gives is unlike any peace the world offers. It's lasting and soul-satisfying because it flows from a relationship with Him. This peace rests firmly on trust—Isaiah 26:3 assures us that perfect peace belongs to those whose minds remain fixed on God.

As we strive for holiness—living set apart and obediently following God's commands—our connection with God deepens. It invites His peace to dwell richly in us. Holiness is not just about behaviors but about cultivating an intimate friendship with God, where His presence becomes our refuge.

Reflection today: Seek God's presence intentionally. Let His peace quiet any anxious thoughts and anchor your heart in His unchanging love.







Reflect and Apply

1.	How does knowing God's strength encourages you amid challenges?
2.	What keeps your mind from staying steadfast on God today?
	In what ways can you invite God's presence more intentionally into your daily life?







Journaling Prompts

1.	Write about a time you felt God's peace despite difficulties.
	Reflect on areas where anxiety or worry replaces God's peace in your heart.
3.	Journal prayers asking God to help you trust Him more each day.







Prayer for Today

Father, thank You that Your peace is a precious gift to those who follow You. Help me to rest in Your presence and trust You completely. Teach me to keep my mind fixed on You, so Your peace can guard my heart. Guide me to live in holiness, delighting in You, my true refuge and strength. *Fill me with Your peace today and every day.* **Amen.**

















Your Verse

Hebrews 12:14 – "Make every effort to live in peace with everyone and to be holy; without holiness no one will see the Lord."

Supporting Scriptures

- 1 Peter 1:16 "Be holy, because I am holy."
- Psalm 34:14 "Turn from evil and do good; seek peace and pursue it."







Devotional: Holiness Opens the Door to God's Peace

Holiness is more than a rule; it's a calling to live set apart for God. Hebrews 12:14 connects peace and holiness tightly: we must pursue holiness to truly experience God's peace. It's an active endeavor involving intentional choices to reject sin and embrace God's ways.

Peter reminds us in 1 Peter 1:16 of God's holy nature and calls us to reflect that holiness. It's not about perfection but about being transformed daily as we align with God's character. Pursuing holiness includes turning from evil and actively seeking peace, as Psalm 34:14 urges.

When we live in holiness, we remove barriers that disrupt our fellowship with God and others. Sin breeds unrest in our hearts, while repentance and obedience cultivate peacefulness and wholeness.

Today's focus: Consider holiness as the intentional life path that produces peace in your soul and harmony with others.







Reflect and Apply

1.	What does holiness mean to you personally?
2.	How does pursuing holiness influence your peace in relationships?
3.	Where can you intentionally turn away from sin and choose peace today?







Journaling Prompts

1.	List areas in your life needing more holiness and peace.
	Write about a difficult decision where choosing holiness brought you peace.
3.	Journal how God's holiness inspires you to live differently.







Prayer for Today

Holy God, help me to live a life set apart for You. Teach me to pursue holiness not out of obligation but love for You, so Your peace can fill my heart. Guard me from sin that steals my joy and peace. Guide my steps to walk closely with You and with others in peace. *Thank You for Your grace that empowers me to be holy.* **In Jesus' name, Amen. \(\)**







Day 3: Restoring Wholeness Through Holiness









Day 3: 🥦 Restoring Wholeness Through Holiness

Your Verse

Isaiah 57:15 – "I live in a high and holy place, but also with the one who is contrite and lowly in spirit... to revive the spirit of the lowly and to revive the heart of the contrite."

Supporting Scriptures

- 2 Corinthians 7:1 "...let us purify ourselves from everything that contaminates body and spirit, perfecting holiness out of reverence for God."
- Psalm 51:10 "Create in me a pure heart, O God, and renew a steadfast spirit within me."







Day 3: B Restoring Wholeness Through Holiness

Devotional: God Revives the Contrite for Lasting Peace

Holiness brings restoration and wholeness to our souls. Isaiah 57:15 reveals God's paradoxical nature—He is exalted and holy, yet tenderly near to the humble and broken. When we approach God with a contrite spirit, He revives and restores us.

Paul encourages believers to purify ourselves from everything that defiles, emphasizing that holiness is a process of continual cleansing and reverence. It brings our hearts and spirits into alignment with God's purity.

David's heartfelt cry in Psalm 51:10 shows the desire for a renewed, pure heart. Holiness is about ongoing transformation from within, allowing God to bring peace by healing our wounds and renewing our spirits. This restoration produces wholeness, making us healthy and peaceful in heart and mind.

Today's encouragement: Invite God to work deeply within you to cleanse and revive your spirit for peaceful wholeness.







Day 3: Bestoring Wholeness Through Holiness

Reflect and Apply

1.	In what ways do you feel broken or in need of restoration?
2.	How does God's nearness to the humble comfort you?
3.	What steps can you take to pursue heart renewal and holiness today?







Day 3: 💋 Restoring Wholeness Through Holiness

Journaling Prompts

1.	Write a prayer asking God to create a pure heart within you.
	Reflect on moments when God brought wholeness and peace through healing.
3.	Journal about areas where you sense God's reviving work in your life.
3.	Journal about areas where you sense God's reviving work in your life.







Day 3: 💋 Restoring Wholeness Through Holiness

Prayer for Today

Lord God, You dwell in holiness and yet draw near to the humble. Today I come with a contrite heart, longing for Your healing touch. Purify me from all that tarnishes my spirit. Renew my heart and restore my soul's wholeness so I may live in Your perfect peace. Help me to walk in holiness daily and to keep my spirit steadfast. *Thank you for Your grace that revives me.* Amen.

















Day 4: Peace Guarded by God's Power

Your Verse

Philippians 4:7 - "And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus."

Supporting Scriptures

- Ephesians 6:14 "Stand firm then, with the belt of truth buckled around your waist, with the breastplate of righteousness in place,"
- Colossians 3:15 "Let the peace of Christ rule in your hearts, since as members of one body you were called to peace."







Day 4: Peace Guarded by God's Power

Devotional: God's Peace Guards Hearts and Minds Strongly

The peace God gives is a powerful guard over our hearts and minds.

Philippians 4:7 describes this peace as surpassing human understanding. It is not fragile but a strong defense against fear, doubt, and anxiety when we walk in holiness.

Paul's teaching on the armor of God in Ephesians 6 encourages us to stand firm in righteousness—the very essence of holiness. Our spiritual armor protects us as we navigate challenges, ensuring our peace remains intact.

Colossians 3:15 reminds us to let Christ's peace rule within us, making peace a daily reality and a unifying force in the body of Christ.

Consider: Holiness empowers your spiritual defenses, making God's peace a reality that guards you from confusion and worry.







Day 4: • Peace Guarded by God's Power

Reflect and Apply

1.	What areas of your heart and mind need God's peace guarding today?
2.	How does living in holiness strengthen your spiritual defenses?
	In what ways can you allow Christ's peace to rule your emotions and decisions?







Day 4: **(**) Peace Guarded by God's Power

Journaling Prompts

1.	Write about times when God's peace protected you during stress.
2.	Reflect on how righteousness functions as your spiritual armor.
3.	Journal prayers asking for strength to stand firm in holiness.







Day 4: Peace Guarded by God's Power

Prayer for Today

God of Peace, thank You for guarding my heart and mind through Your peace. Help me to stand firm in holiness and righteousness, wearing Your armor daily. Let Your peace rule in my heart, guiding my thoughts and decisions. Protect me from fear and anxiety, and fill me with Your calming presence. *I trust You to keep me secure in every circumstance*. **Amen.** •















Your Verse

Romans 5:1 – "Therefore, since we have been justified through faith, we have peace with God through our Lord Jesus Christ,"

Supporting Scriptures

- Galatians 5:22-23 "But the fruit of the Spirit is... peace..."
- Philippians 1:6 "He who began a good work in you will carry it on to completion until the day of Christ Jesus."







Devotional: Faith and Holiness Produce Lasting Peace and Wholeness

Peace in holiness transforms us into whole, balanced followers of Christ.

Romans 5:1 assures us that faith in Jesus brings peace with God, a foundational peace that undergirds every aspect of our spiritual wellbeing.

As we continue to walk in holiness, the fruit of the Spirit—including peace—begins to grow in our lives. Galatians 5 shows us that peace is evidence of the Spirit's work, producing internal harmony and outward kindness.

Philippians 1:6 encourages us with the promise that God is faithful to complete His work in us. This ongoing sanctification leads us toward wholeness—body, soul, and spirit—all resting in God's perfect peace.

Today's conclusion: Embrace the journey of holiness as the path to lasting peace and wholeness, confident God will complete the work He has begun.







Reflect and Apply

1.	How does knowing you are justified by faith bring peace?
2.	What fruit of the Spirit do you see growing in your life?
3.	How can you trust God to complete His work in your holiness journey?







Journaling Prompts

1.	Write about how faith in Jesus has brought peace to your life.
2.	Reflect on areas where the fruit of the Spirit, especially peace, is growing.
3.	Journal your hopes and prayers for God's ongoing work in your holiness.







Prayer for Today

Lord Jesus, thank You for the peace You bring through faith. Help me to live a holy life that reflects Your Spirit working in me. Strengthen my faith and grow Your peace within me each day. I trust that You who began this good work will faithfully complete it. *May my life bring You glory as I walk in peace and wholeness.* **Amen.** *







Where God's Word Meets Your Daily Life



We pray this Bible Study has blessed you and drawn you closer to the heart of God. If you enjoyed this study, we'd love for you to join our growing HolyJot community online.



- 100k+ Bible Study Plans on every topic of life
- Access studies anytime on your phone, tablet, or computer
- Studies for individuals, families, small groups, and churches
- Secure online journaling or keep using print for privacy
- A place to grow your faith alongside believers worldwide

Bonus for You:

Download exclusive study bundles and resources when you create a <u>free HolyJot account</u>. No spam. No gimmicks. Just God's Word.

Visit Now:

- * www.HolyJot.com
- Scan this QR code to start your next Bible Study today:

We'd love to hear your story. Email us at info@holyjot.com.





Connect with us at:

<u>Facebook</u> • <u>Instagram</u> • <u>YouTube</u> • <u>TikTok</u>

You are welcome to share this PDF with others. ase keep it intact so the full study and credits remain.

© 2025 HolyJot LLC. All Rights Reserved.