



# Peace in Life's Final Days: Resting in Eternal Hope



Discover enduring peace as you reflect on God's promise of eternal hope and rest during life's final days.

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# Table of contents

<u>Introduction</u>	3
<u>Day 1: 🕊 Embracing God's Peace Amid Fear</u>	4
<u>Day 2: 🛏 Resting in God's Eternal Promise</u>	10
<u>Day 3: 🕯 Holding On to Hope in Uncertain Times</u>	16
<u>Day 4: 🌿 Peace Through Surrender and Trust</u>	22
<u>Day 5: 🌅 Resting in the Promise of Eternal Life</u>	28



## Introduction

**Peace in our final days** is a profound gift that transcends circumstance and speaks to the deepest longings of the human soul. As we approach the close of life's journey, questions, fears, and uncertainties often arise. However, the Bible assures us that *God offers a peace that surpasses all understanding*, rooted in the hope of eternal life through Jesus Christ.

Throughout Scripture, believers are encouraged to rest in God's sovereignty and love, knowing that death is not the end but a gateway to an everlasting home with Him. This study will guide you through key passages that highlight God's promise of peace, the comfort of His presence, and the hope that anchors us.

Whether you are personally facing the challenges of aging, comforting a loved one, or reflecting on the bigger picture of life's conclusion, these lessons invite you to embrace a peaceful heart. You will explore how trusting in God's grace, surrendering fears, and focusing on His eternal promises can transform your perspective in your final days.

**May this journey strengthen your faith, calm your spirit, and deepen your assurance in God's eternal peace and hope.** Let's begin this life-giving exploration with open hearts and minds.





# Day 1: Embracing God's Peace Amid Fear



Day 1: 🕊 Embracing God's Peace Amid Fear

## 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 41:10 - "So do not fear, for I am with you; do not be dismayed, for I am your God."*



Day 1: 🕊 Embracing God's Peace Amid Fear

## Devotional: Receiving Christ's Peace in Times of Fear

**Facing the end of life can awaken fears and uncertainties.** But Jesus promises a distinct peace—one that the world cannot offer. This peace is not merely the absence of trouble but a deep, abiding calm rooted in the presence of God.

In John 14:27, Jesus reassures His disciples before His crucifixion, offering peace that surpasses worldly conditions. This same peace is available to us today, especially in our final days when fear might easily overwhelm us.

*How do we receive this peace?* By trusting in Jesus' words and presence. The peace of God guards our hearts and minds, acting as a fortress against worry and dread. Isaiah's comforting words remind us that God is with us—His presence dispels fear.

**As you reflect today, invite God's peace into your heart, surrendering anxieties and welcoming His calm assurance.**



## Day 1: 🕊 Embracing God's Peace Amid Fear

## Reflect and Apply

1. What fears or worries are weighing on your heart today?

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2. How can Jesus' promise of peace change the way you face uncertainty?

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3. In what practical ways can you remind yourself of God's presence daily?

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Day 1: 🕊 Embracing God's Peace Amid Fear

## Journaling Prompts

1. Write about a recent time when fear tried to overwhelm you. How did you respond?

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2. List specific areas where you need to invite God's peace this week.

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3. Reflect on how Jesus' peace is different from the world's peace.

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Day 1: 🕊️ Embracing God's Peace Amid Fear

## Prayer for Today

**Heavenly Father**, thank You for Your promise of peace that calms our troubled hearts. In moments when fear arises, help me to remember that You are always with me. Replace my anxiety with Your perfect peace that surpasses understanding. Help me rest in Your presence and trust fully in Your care, especially as I face life's uncertainties. Guide my thoughts and guard my heart with Your loving peace. In Jesus' name, *amen*.





## Day 2: Resting in God's Eternal Promise



Day 2: 🏠 Resting in God's Eternal Promise

## Your Verse

*Psalms 23:4 - "Even though I walk through the darkest valley, I will fear no evil, for you are with me; your rod and your staff, they comfort me."*

## Supporting Scriptures

- *Revelation 21:4 - "He will wipe every tear from their eyes. There will be no more death or mourning or crying or pain."*
- *Matthew 11:28 - "Come to me, all you who are weary and burdened, and I will give you rest."*



# Devotional: Finding Rest in God's Promise Beyond Life

**The final days often feel like walking through a dark valley**, fraught with unknowns and challenges. The reassuring words of Psalm 23 remind us that God is our Shepherd who guides, protects, and comforts us through every shadow.

Death is a fearful unknown for many, but Scripture assures us of a glorious future where pain, tears, and sorrow are no more. Revelation 21:4 paints a beautiful picture of God's eternal kingdom—a place of perfect peace and restoration.

*Resting in this promise means letting go of fears and embracing hope.* Jesus invites the weary to come to Him and receive rest. This spiritual rest transcends physical circumstances; it nourishes the soul and renews strength.

**Take time today to envision the comfort and peace God promises beyond this life, allowing that hope to soften your fears and calm your heart.**



Day 2: 🚶 Resting in God's Eternal Promise

## Reflect and Apply

1. What does the 'darkest valley' represent in your current life experience?

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2. How does knowing God comforts you impact your perspective on death and dying?

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3. What does Jesus' invitation to rest mean to you personally right now?

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Day 2:  Resting in God's Eternal Promise

## Journaling Prompts

1. Describe a time when you felt God's comfort during a difficult season.

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2. Write about what eternal rest means to you in your own words.

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3. List ways you can remind yourself of God's promises when you feel afraid.

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Day 2: 🏠 Resting in God's Eternal Promise

## Prayer for Today

**Lord Jesus**, thank You for being my Shepherd and guide through life's darkest valleys. Help me to rest in Your comforting presence, trusting in Your eternal promises. When fear threatens to overwhelm me, remind me of the hope You give beyond this life—a place with no pain or sorrow. Renew my strength and calm my soul with Your peace today and always. In Your precious name, *amen*.





## Day 3: Holding On to Hope in Uncertain Times





## Your Verse

*Romans 15:13 – "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

- *2 Corinthians 4:16-18 – "Therefore we do not lose heart... For our light and momentary troubles are achieving for us an eternal glory."*
- *Hebrews 6:19 – "We have this hope as an anchor for the soul, firm and secure."*



## Devotional: Anchoring Your Soul in God's Living Hope

**Hope is an anchor in the storms of life.** In our final days, uncertainty and physical weakness can be overwhelming, yet God invites us to place our trust in Him—a God who fills us with joy and peace.

Paul's words in Romans express a profound truth: when we trust God, the Holy Spirit empowers us to overflow with hope. This hope sustains us not only for the present but also for eternity.

Though bodily strength may fade, our inner spirit is renewed daily. Paul reminds us that our present troubles are temporary compared to the eternal glory awaiting us. The writer of Hebrews encourages us to hold tightly to this hope, describing it as an anchor—secure and steadfast.

**Reflect on how hope empowers you to face each day confidently and peacefully.**



## Reflect and Apply

1. How does hope influence your attitude about life's final days?

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2. In what ways can you experience joy and peace even during struggle?

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3. What does it mean to you that your hope is anchored in God's promises?

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## Journaling Prompts

1. Write about a time when hope helped you persevere through difficulty.

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2. List things that strengthen your trust in God during uncertain times.

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3. Reflect on the difference between worldly hope and biblical hope.

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Day 3: 🙏 Holding On to Hope in Uncertain Times

## Prayer for Today

**God of hope**, thank You for the joy and peace You pour into my heart through Your Spirit. Even in uncertainty, help me to trust fully in Your faithful promises. Anchor my soul firmly in Your love, so I may overflow with hope each day. Strengthen my spirit as my body weakens, and fill me with the assurance of eternal glory. May Your hope transform my fear into confident rest. In Jesus' name, *amen*.





## Day 4: Peace Through Surrender and Trust



Day 4: 🌿 Peace Through Surrender and Trust

## 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

- *Psalm 46:10 - "Be still, and know that I am God."*
- *Matthew 6:34 - "Therefore do not worry about tomorrow, for tomorrow will worry about itself."*



## Day 4: 🌿 Peace Through Surrender and Trust

# Devotional: Surrendering Control to Experience True Peace

**Peace often comes when we choose to surrender control to God.** Our human instinct is to try to understand and manage every detail, especially near life's end. However, Proverbs teaches us that trusting the Lord wholeheartedly and submitting to His guidance leads to straight and purposeful paths.

God calls us to be still amid life's storms and to recognize His sovereignty. Worry about the future saps peace; Jesus encourages us to live one day at a time, trusting God's provision and timing.

*Letting go of your own understanding and fears invites God's peace to rule your heart.* This surrender doesn't mean passivity—it's an active trust and rest in God's unfailing wisdom and love.

**Today, reflect on what it means to fully trust and surrender to God's perfect plan.**





Day 4: 🌿 Peace Through Surrender and Trust

## Reflect and Apply

1. What areas of your life do you find hard to surrender to God?

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2. How does trusting God 'make your paths straight' in challenging times?

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3. What practical steps can you take to be still and know God today?

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Day 4: 🌿 Peace Through Surrender and Trust

# Journaling Prompts

1. Describe a situation where surrendering to God brought you peace.

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2. Write about your feelings when you try to control outcomes versus trusting God.

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3. List ways to remind yourself to focus on today and release worries about tomorrow.

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Day 4: 🌿 Peace Through Surrender and Trust

## Prayer for Today

**Lord, I surrender my heart and all my plans to You.** Help me to trust You completely, even when I don't understand what lies ahead. Teach me to be still and rest in Your sovereignty. Free me from the burdens of worry about tomorrow, and fill me with peace as I walk the path You have set before me. I place my hope and trust fully in You. In Jesus' name, *amen*.





# Day 5: Resting in the Promise of Eternal Life



Day 5: ☀️ Resting in the Promise of Eternal Life

## Your Verse

*John 11:25-26 – "Jesus said to her, 'I am the resurrection and the life. The one who believes in me will live, even though they die; and whoever lives by believing in me will never die.'"*

## Supporting Scriptures

- *1 Thessalonians 4:13-14 – "...we do not grieve like the rest of mankind, who have no hope. For we believe that Jesus died and rose again."*
- *Philippians 1:21 – "For to me, to live is Christ and to die is gain."*



Day 5:  Resting in the Promise of Eternal Life

## Devotional: Living and Dying in the Hope of Resurrection

Ultimately, the peace we seek in life's final days rests on the promise of eternal life through Jesus Christ. In John 11, Jesus speaks powerful words to Martha after the death of her brother Lazarus, proclaiming Himself as the resurrection and life. Belief in Him means death is not the end, but a transition into everlasting life.

Paul echoes this hope, encouraging believers not to grieve without hope because of the resurrection. To die is gain—a doorway into the presence of Christ eternally.

*As you reflect on this promise, allow it to fill your heart with profound peace.* No matter what your circumstances, Jesus offers life beyond death, and with that assurance comes rest that the world cannot give.

**Today, rest in the certainty of God's eternal hope and the joy of living in His presence forever.**



## Reflect and Apply

1. How does Jesus' promise of resurrection affect your view of death?

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2. What new peace can you embrace knowing you will live forever with Christ?

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3. How can this hope influence the way you live your remaining days?

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Day 5:  Resting in the Promise of Eternal Life

## Journaling Prompts

1. Write about how the promise of eternal life impacts your fears.

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2. Reflect on what 'to live is Christ and to die is gain' means for you.

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3. Imagine your life in eternity with God and describe what that peace feels like.

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Day 5: ☀️ Resting in the Promise of Eternal Life

## Prayer for Today

**Dear Jesus,** thank You for being the resurrection and the life. Because of You, I do not fear death, for You have conquered it. Help me to rest fully in the promise of eternal life and live each day with hope and joy. Strengthen my faith as I look forward to the day I will be with You forever. Fill my heart with Your peace today and always. In Your victorious name, *amen*.





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