



# Peace in New Beginnings: Trusting God afresh



Discover God's peace during fresh starts, learning to trust Him fully as you step into new chapters with confidence and calm.

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## Introduction

**New beginnings** are both exciting and daunting. Whether starting a new job, moving to a new city, or embracing spiritual renewal, fresh starts often stir a mix of hope and anxiety. In moments like these, God's peace becomes a vital anchor, calming our hearts and guiding our steps.

*Peace* in the Bible is more than the absence of conflict; it is a deep, abiding sense of wholeness and well-being that comes from trusting God fully. When we face the unknown, His peace assures us that He is in control, His plans are good, and He is working all things for our good.

Throughout this study, we'll explore Scripture to understand how God invites us to lay down our fears and lean into His peaceful presence as we embark on new journeys. Each day will help you to see how trusting God transforms nervous uncertainty into confident calm, allowing His peace to rule your heart and mind.

Embracing peace in new beginnings means learning to **rest** in God's promises, **rely** on His timing, and **release** the pressures of control. May this study lead you deeper into His peace—a peace that surpasses human understanding, guarding your heart and mind in Christ Jesus (Philippians 4:7).





## Day 1: 🌿 Embracing God's Peace in Change



Day 1: 🌿 Embracing God's Peace in Change

## Your Verse

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

## Supporting Scriptures

- *John 14:27 - "Peace I leave with you; my peace I give you..."*
- *Philippians 4:6-7 - "Do not be anxious about anything... the peace of God, which transcends all understanding, will guard your hearts and minds."*



Day 1: 🌿 Embracing God's Peace in Change

## Devotional: God's Peace Calms Fear in New Beginnings

Change can trigger fear and uncertainty. New beginnings often come with unknowns that challenge our sense of stability. Yet, **God's Word reassures us** that we are not alone in these times.

Isaiah 41:10 reminds us not to fear because God is with us. His presence calms the storm within us, and His faithfulness strengthens our steps. This promise shows that God's peace is available specifically when we feel vulnerable and unsettled.

Jesus also spoke of giving us peace, a peace unlike anything the world offers. When we receive this peace, it transforms our anxiety into trust. Paul's letter to the Philippians encourages us to replace worry with prayer and thanksgiving. When we do this, God's peace guards our hearts and minds, keeping us centered even amid the chaos of new starts.

Today, trust that peace is not the absence of difficulty but the presence of God. Invite Him into your anxieties and allow His peace to steady you on the path ahead.



Day 1: 🌿 Embracing God's Peace in Change

## Reflect and Apply

1. What fears or anxieties arise when you face new beginnings?

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2. How have you experienced God's presence in uncertain moments?

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3. In what ways can you invite God's peace to guard your heart today?

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Day 1: 🌱 Embracing God's Peace in Change

## Journaling Prompts

1. Describe a recent new beginning and your feelings about it.

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2. Write about a time God's peace helped you overcome anxiety.

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3. List practical steps you can take to recall God's promises in the future.

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Day 1: 🌿 Embracing God's Peace in Change

## Prayer for Today

**Lord**, thank You for Your promise to be with me. In the face of change and uncertainty, help me to *reject fear* and embrace Your peace. Guard my heart and mind as I step into new beginnings. Let Your calming presence be my steady foundation. Amen. 🌿 🙏 ✨





## Day 2: ✨ Trusting God's Timing and Plans



Day 2: ✨ Trusting God's Timing and Plans

## Your Verse

*Jeremiah 29:11 – "For I know the plans I have for you... plans to prosper you and not to harm you..."*

## Supporting Scriptures

- *Proverbs 3:5-6 – "Trust in the Lord with all your heart... He will make your paths straight."*
- *Romans 8:28 – "In all things God works for the good of those who love him..."*



## Devotional: Resting in God's Perfect Timing

Starting anew often requires patience and surrender. We yearn for fast results and clear answers, yet God's timing and plans are perfect, even when they differ from ours.

Jeremiah 29:11 reminds us that God has good plans for us—plans to prosper and protect us. Trusting this truth frees us from anxious rushing and self-reliance.

Proverbs encourages us to trust God wholeheartedly and submit our ways to Him. When we do, He promises to direct our steps, guiding us through transitions with wisdom and clarity.

Romans 8:28 assures us that God is actively weaving even difficult situations into a greater good for those who love Him. Reflecting on these promises invites us to rest, trusting that God's sovereign purposes are unfolding, even when the path seems unclear.

Peace grows when we exchange our desire for control with confidence in God's perfect timing and loving purposes.



## Reflect and Apply

1. How do you typically respond when God's timing differs from your expectations?

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2. What does trusting God's plans look like in your current season?

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3. In what areas do you find it hardest to surrender control?

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# Journaling Prompts

1. Write about a time God's timing surprised you positively.

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2. List areas of your life where you need to trust God more.

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3. Journal your feelings about surrendering your plans to God.

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Day 2: ✨ Trusting God's Timing and Plans

## Prayer for Today

**Father**, teach me to trust Your perfect timing for my life. Help me to surrender my plans and control, resting in the knowledge that Your purposes are good. May Your peace reassure me as I wait patiently and follow Your guidance.

Amen. 🕒 🙏 ✨





## Day 3: 🕊️ Letting Go of Anxiety Through Prayer





## Your Verse

*Philippians 4:6-7 - "Do not be anxious about anything..." (NIV)*

## Supporting Scriptures

- *1 Peter 5:7 - "Cast all your anxiety on him because he cares for you."*
- *Matthew 6:34 - "Therefore do not worry about tomorrow..."*



# Devotional: Transforming Anxiety into Peaceful Prayer

Anxiety often accompanies new beginnings due to uncertainty and change. God doesn't promise a life free from challenges, but He offers a practical path to peace through prayer.

Paul's words in Philippians 4:6-7 encourage us to bring every worry, every fear, and every restless thought to God through prayer and petition with thanksgiving. This act of surrender invites God's peace, which guards our hearts and minds.

Peter reminds us that God cares deeply about our anxieties and invites us to cast all of them onto Him. This means we don't have to carry the burden alone.

Jesus also counsels us not to worry about tomorrow, reminding us to focus on today and trust God for our needs. Prayer becomes a refuge where we release our anxieties and receive God's peace, empowering us to face new challenges with calm confidence.

As you start new journeys, practice turning to God in prayer when anxiety creeps in. Let prayer be your peace pathway.



## Reflect and Apply

1. How do you usually handle anxious thoughts?

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2. What role does prayer currently play in your stress management?

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3. What fears can you bring before God in prayer today?

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## Journaling Prompts

1. Recall a time when prayer helped ease your anxiety.

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2. Write a prayer expressing your current worries to God.

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3. Note any changes you observe when you pray during stressful moments.

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Day 3: 🕊️ Letting Go of Anxiety Through Prayer

## Prayer for Today

**Lord Jesus**, I come to You with my anxious heart. Teach me to bring every worry and fear to You in prayer, trusting You to guard my mind and soul. Replace my anxiety with Your perfect peace, and help me live each new day free from worry. Amen. 🕊️ 🙏 ❤️





## Day 4: 🌟 Renewing Your Mind for Peace



Day 4: 🌀 Renewing Your Mind for Peace

## Your Verse

*Romans 12:2 – "Do not conform to the pattern of this world, but be transformed by the renewing of your mind..."*

## Supporting Scriptures

- *Isaiah 26:3 – "You will keep in perfect peace those whose minds are steadfast..."*
- *2 Corinthians 10:5 – "We take captive every thought to make it obedient to Christ."*



# Devotional: Choosing Godly Thoughts for Lasting Peace

Our thoughts shape our experience of peace. When facing new beginnings, incorrect or negative thinking patterns can rob us of God's peace.

Romans 12:2 calls us not to be conformed to anxiety-producing worldly patterns, but to be transformed by renewing our minds through God's truth.

Isaiah promises perfect peace for those who focus their minds steadfastly on God. This means intentionally choosing thoughts that align with His character and promises.

Paul challenges us to take captive every thought and make it obedient to Christ. This is an active process requiring us to identify and reject fear, doubt, and negativity, replacing them with God's truth.

As you step into a new season, guard your mind by meditating on Scripture and truth. This renewal opens the door for lasting peace, even in uncertainty.





## Reflect and Apply

1. What negative thought patterns do you notice during transitions?

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2. How can renewing your mind impact your peace?

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3. Which truths from Scripture will you focus on today?

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## Journaling Prompts

1. Identify any repeating anxious thoughts and write a Scripture to counter each.

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2. Describe how mind renewal has helped you in difficult times.

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3. Create a list of daily affirmations rooted in God's promises.

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Day 4: 🌀 Renewing Your Mind for Peace

## Prayer for Today

**Heavenly Father**, help me to renew my mind by Your Word. Teach me to capture and replace anxious or negative thoughts with Your truth. May my mind be steadfast on You, and may Your perfect peace fill my heart and mind as I begin anew. Amen. 🌀📖🙏





## Day 5: 🌅 Walking Forward in Peace and Confidence



Day 5: 🌅 Walking Forward in Peace and Confidence

## Your Verse

*Philippians 4:13 - "I can do all this through him who gives me strength."*

## Supporting Scriptures

- *2 Timothy 1:7 - "For God gave us a spirit not of fear but of power, love, and self-discipline."*
- *Psalms 46:10 - "Be still, and know that I am God."*



Day 5: 🌅 Walking Forward in Peace and Confidence

## Devotional: Stepping Forward Strong in God's Peace

Peace in new beginnings is not just about quieting fear—it's about stepping forward in confidence and strength that come from God.

Paul's declaration in Philippians 4:13 reminds us that our true ability to face fresh starts comes through Christ's strength working in us.

God has not given us a spirit of fear, but one of power, love, and self-discipline (2 Timothy 1:7). This means we are equipped and empowered to embrace new chapters courageously.

Psalms 46:10 encourages us to be still and recognize God's sovereignty. Resting in His power frees us from fear and invites us into peaceful confidence.

As you move forward, carry God's peace with you as a shield and source of strength. Trust that He is with you every step, enabling you to face new opportunities and challenges without fear.



## Reflect and Apply

1. How can you rely more on God's strength in new situations?

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2. What fears would you like to replace with God's spirit of power and love?

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3. How does 'being still' help you access God's peace?

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## Journaling Prompts

1. Write about how God has strengthened you in recent challenges.

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2. List ways to cultivate power, love, and self-discipline daily.

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3. Journal your hopes and prayers as you step into your next new beginning.

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Day 5: 🌅 Walking Forward in Peace and Confidence

## Prayer for Today

**Gracious God**, thank You for the strength and peace You provide. Help me to walk confidently in Your power, love, and self-discipline as I face new beginnings. Remind me to be still and trust Your sovereignty in every step. May Your peace be my constant companion. Amen. 🌅 🙏 💪 ❤️





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