








Peace in the Morning: Starting the Day with God's Calm



Discover how to begin each day with God's peace,
finding calm in His presence to face life's challenges
with trust and serenity.



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Introduction

Peace in the morning sets the tone for the entire day. In a world bursting with noise, stress, and uncertainty, starting your day anchored in God's calm can transform your perspective and your life. *Imagine waking up with a heart free from anxiety, fully trusting God to guide and protect you.* This Bible study will help you embrace that tranquility through Scripture and reflection.

Throughout these five days, we'll explore how God's peace is not just a fleeting feeling but a profound assurance that transcends circumstances. King David often sought the Lord at dawn, finding rest and courage as fresh as the morning sun. Jesus offered peace to His disciples, a peace that would comfort them amid trials. You, too, can cultivate that peace by inviting God into your morning moments.

By focusing your mornings on God's presence, your spirit aligns with His, enabling you to face challenges without fear, respond to conflict with grace, and appreciate the blessings woven into daily life. This study encourages practical steps—prayer, meditation on Scripture, and reflection—to help you meet each new day buoyed by divine calm.

Your peace journey begins now. Each day offers a new scriptural focus, devotional insight, and reflective questions to deepen your understanding. May this study awaken and nurture God's peace in your heart every morning and beyond.





Day 1: Embracing God's Peace at Daybreak



Day 1: 🌅 Embracing God's Peace at Daybreak

Your Verse

Psalms 46:10 - "Be still, and know that I am God."

Supporting Scriptures

- *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."*
- *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 at Daybreak

Devotional: Start the Day with Stillness and Trust

Morning peace begins with stillness. Psalm 46:10 invites us to "be still" — not just physically quiet, but to calm restless thoughts and recognize God's sovereign presence. In the early morning, before the day's worries flood in, this moment of stillness becomes a sacred space to connect with God.

Lamentations reminds us that God's mercies are new every morning. His faithfulness meets us daily, ushering in hope and calm. When we focus our minds on Him from the start, we invite perfect peace into our hearts as Isaiah describes – peace that steadies us through uncertainty.

Try this: Tomorrow morning, take a few minutes to close your eyes, breathe deeply, and simply acknowledge God's presence. Let your mind rest on the truth that your day is held in His hands. This practice opens your heart to receive His peace before the day unfolds.



Day 1:  Embracing God's Peace at Daybreak

Reflect and Apply

1. How does 'being still' challenge your usual morning routine?

2. What would it look like to acknowledge God's faithfulness each morning?

3. In what areas of your life do you need God's 'perfect peace' today?



Day 1:  Embracing God's Peace at Daybreak

Journaling Prompts

1. Describe your current morning routine and how you can include a moment of stillness.

2. Write about any worries that often fill your mind upon waking.

3. List three promises from God's Word that bring you peace.



Day 1: 🌅 Embracing God's Peace at Daybreak

Prayer for Today

Dear Lord, thank You for a new day and the gift of Your faithful love that is renewed every morning. Help me to pause today and be still, to know You deeply before rushing into my tasks. Calm my anxious thoughts and fill me with Your perfect peace. May I trust You completely, knowing that in Your hands, I am safe and cared for. Guide me through this day with Your gentle presence. *Amen.* 🙏 ☀️ ❤️ 🕊️





Day 2: ☀ Peace through God's Promises



Day 2: ☀ Peace through God's Promises

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 4:6-7 - "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."*
- *Romans 15:13 - "May the God of hope fill you with all joy and peace as you trust in him."*



Day 2: ☀️ Peace through God's Promises

Devotional: Receive God's Gift of Peace in Prayer

God's peace is a gift unlike any other. Jesus reassures His followers that the peace He gives is not temporary or circumstantial but deep and abiding. Unlike the fleeting peace the world offers, His peace conquers fear and turmoil.

Paul encourages us to turn worry into prayer. By bringing our concerns to God with thanksgiving, we position ourselves to receive His peace—a divine calm that exceeds human understanding. This peace protects our hearts and minds, anchoring us securely in Christ.

Reflect today on the promises God has made to you personally. How do they speak courage and calm to your heart? When morning struggles arise, remind yourself that God's peace is not dependent on your circumstances but on His unchanging nature.



Day 2: ☀️ Peace through God's Promises

Reflect and Apply

1. What fears or troubles tend to disturb your heart in the morning?

2. How can turning to prayer change your experience of anxiety?

3. What promises from Jesus encourage you to let go of fear today?



Day 2: ☀ Peace through God's Promises

Journaling Prompts

1. Write a prayer turning your worries into requests for God today.

2. List specific promises from Scripture that bring you peace.

3. Journal about a past experience when God's peace helped you overcome fear.



Day 2: 🌻 Peace through God's Promises

Prayer for Today

Lord Jesus, thank You for Your lasting peace that guards my heart and mind. Help me to surrender my fears and anxieties to You each morning in prayer and thanksgiving. Teach me to rest in Your promises and to trust Your presence throughout the day. May Your peace calm my soul and guide my steps. *Amen.* 🙏🏻 ✍️ 🕯️ 🌻





Day 3: 🌿 Resting in God's Sovereign Care



Day 3: 🌿 Resting in God's Sovereign Care

Your Verse

Matthew 6:25-26 - "Therefore I tell you, do not worry about your life... Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them."

Supporting Scriptures

- *Psalm 55:22 - "Cast your cares on the Lord and he will sustain you; he will never let the righteous be shaken."*
- *1 Peter 5:7 - "Cast all your anxiety on him because he cares for you."*



Day 3: 🌿 Resting in God's Sovereign Care

Devotional: Surrender Your Worries to God's Care

God's peace flows from His loving care and control. Jesus teaches us not to be consumed with worry about daily needs because God watches over even the smallest creatures. This assurance calls us to trust deeply—not just intellectually but with our emotions.

When you start your morning feeling overwhelmed, remember Psalm 55's invitation to cast your cares on the Lord. This isn't a one-time act but a daily, intentional release. Peter reminds us that God's care is personal and tender, encouraging us to hand over anxieties to Him freely.

Practice surrender each morning by naming your worries and consciously handing them to God, trusting He will sustain and carry you through.



Day 3: 🌿 Resting in God's Sovereign Care

Reflect and Apply

1. What daily worries do you find hardest to release to God?

2. How does understanding God's care for creation affect your trust?

3. In what ways can surrender become a morning habit for you?



Day 3: 🌿 Resting in God's Sovereign Care

Journaling Prompts

1. Write down specific worries you can surrender to God this morning.

2. Reflect on times God has sustained you in difficult circumstances.

3. Describe what it means for you to be cared for by the Heavenly Father.



Day 3: 🌿 Resting in God's Sovereign Care

Prayer for Today

Father God, thank You for Your tender care that never fails. Teach me to release my daily concerns into Your hands every morning, trusting You will provide and sustain me. Help me rest in the security of Your love and sovereignty. May anxiety be replaced by peace as I walk each day with You.

Amen. 🙏🌸🕊️☀️





Day 4: 🕊️ Cultivating Inner Peace through God's Spirit



Day 4: 🕊 Cultivating Inner Peace through God's Spirit

Your Verse

Galatians 5:22-23 - "But the fruit of the Spirit is... peace..."

Supporting Scriptures

- *Romans 8:6 - "The mind governed by the flesh is death, but the mind governed by the Spirit is life and peace."*
- *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."*



Day 4: 🕊️ Cultivating Inner Peace through God's Spirit

Devotional: Let the Spirit Grow Your Peace Today

True peace is a fruit of the Spirit living within us. As we invite God's Spirit into our lives each morning, He nurtures peace from the inside out, shaping how we think and respond. The contrast Paul draws in Romans between fleshly and Spirit-led minds reveals that peace comes when our focus shifts from worldly fear to spiritual life.

Jesus acknowledged that life includes challenges but promised His peace as a powerful source of strength and courage. This peace transcends circumstances because it roots in who Jesus is and His victory.

Begin your day by asking the Holy Spirit to fill your heart and mind, allowing His peace to grow as your guide and comfort amid any trials.



Reflect and Apply

1. How does the Holy Spirit help you experience peace despite problems?

2. What thoughts or habits might hinder the Spirit's peace from growing within you?

3. How can you cooperate with the Spirit each morning to cultivate peace?



Journaling Prompts

1. Describe ways you sense the Holy Spirit's peace in your life.

2. Write about challenges you face where God's peace is needed.

3. List practical steps to invite the Spirit's peace when you wake.



Day 4: 🕊️ Cultivating Inner Peace through God's Spirit

Prayer for Today

Holy Spirit, fill me anew this morning with Your peace and presence. Help me to cultivate the fruit of peace in my heart, shaping my thoughts and actions. Remind me that through You, I can face every challenge with courage and calm. May Your peace reign in my mind and soul today. *Amen.* 🙏🕊️❤️✨





Day 5: Living Daily in God's Peace



Day 5: 🌄 Living Daily in God's Peace

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

- *Colossians 3:15 - "Let the peace of Christ rule in your hearts..."*
- *Isaiah 9:6 - "For to us a child is born... and his name will be called Wonderful Counselor, Mighty God... Prince of Peace."*



Day 5: 🌄 Living Daily in God's Peace

Devotional: Let God's Peace Rule Every Day

God's peace is not only for mornings but for every moment. Paul's words in Philippians assure us that this peace guards our hearts and minds continuously, a supernatural tranquility that defies logic. Letting Christ's peace rule means intentionally choosing His calm over chaos throughout the day.

The prophet Isaiah foretells the coming of Jesus, the ultimate Prince of Peace, who provides a lasting foundation for this calm. Living in His peace is a daily decision—rooting your thoughts, actions, and emotions in Him.

As you conclude this study, reflect on how you can carry God's peace with you beyond your morning moments. Commit to let His peace govern your whole life.



Day 5: 🌄 Living Daily in God's Peace

Reflect and Apply

1. How can you more intentionally allow Christ's peace to rule your heart daily?

2. What obstacles might prevent you from living consistently in God's peace?

3. In what ways can you share God's peace with others during your day?



Day 5: 🌄 Living Daily in God's Peace

Journaling Prompts

1. Write about practical ways to maintain peace throughout your day.

2. Describe how Jesus as the Prince of Peace impacts your daily life.

3. Reflect on how this study has changed your view of peace.



Day 5: 🌄 Living Daily in God's Peace

Prayer for Today

Gracious God, thank You for the peace that transcends all understanding. Help me to let Your peace rule in my heart every moment, guarding my thoughts and emotions. May I carry Your calm into every situation and share it with those around me. Empower me to live a life marked by the tranquility only You can provide. *Amen.* 🙏 ✨ 🕊️ ❤️





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