



Peace Through Fasting: Calming the Soul Before God



Discover how fasting deepens our peace by quieting distractions and opening our hearts to God's calming presence each day.

Table of contents

| | |
|---|----|
| <u>Introduction</u> | 3 |
| <u>Day 1: 🌿 Preparing the Heart for Peace</u> | 5 |
| <u>Day 2: 🕊 Embracing Stillness in God's Presence</u> | 11 |
| <u>Day 3: 🔥 Purifying the Soul Through Fasting</u> | 17 |
| <u>Day 4: 🌊 Trusting God Amid Silence</u> | 23 |
| <u>Day 5: ✨ Living in Peace Beyond the Fast</u> | 29 |



Introduction

Welcome to this 5-day journey on **"Peace Through Fasting – Calming the Soul Before God."** In a world filled with busyness, noise, and countless demands on our attention, finding lasting peace can seem elusive. Yet, the Bible reveals a profound connection between fasting and experiencing the peace of God—a peace that surpasses all understanding and guards our hearts and minds.

Fasting is more than abstaining from food or certain activities; it is a spiritual discipline that helps us to realign our focus and silence the distractions of the world, allowing the voice of God to become clearer and stronger in our lives. Through fasting, we humble ourselves, recognize our dependence on God, and create space for His peace to calm the storms within.

During these five days, we will explore key Scripture passages that highlight the transformative power of fasting combined with prayer. You will be invited to reflect deeply, journal your insights, and pray intentionally, cultivating a calm and peaceful soul that rests securely in God's presence. Whether you are new to fasting or experienced in this discipline, this study aims to encourage and deepen your understanding of how fasting can be a gateway to profound peace.

As you engage with these devotions, remember that the goal is not just the act of fasting itself but the resulting intimacy and calmness you experience in



God's presence. Let this time be an opportunity to lay down your burdens, quiet your soul, and welcome the peace that only He can provide.

Let's embark on this transformative journey of peace through fasting together.





Day 1: Preparing the Heart for Peace



Day 1: 🌿 Preparing the Heart for Peace

Your Verse

Isaiah 58:6 – "Is not this the kind of fasting I have chosen: to loose the chains of injustice and untie the cords of the yoke, to set the oppressed free and break every yoke?"

Supporting Scriptures

- *Psalm 46:10 – "Be still, and know that I am God."*
- *Joel 2:12 – "Even now," declares the Lord, "return to me with all your heart, with fasting and weeping and mourning."*



Day 1: 🌿 Preparing the Heart for Peace

Devotional: Preparing Our Hearts to Receive Peace

Fasting begins with a heart ready to seek God's peace. Before we begin any fast, it's essential to prepare our hearts by understanding God's purposes. Isaiah 58 reminds us that fasting isn't merely self-denial but a way to remove injustice, bondage, and oppression in our lives and the world around us. It's a call to humility and righteousness, clearing the way for God's peace to enter.

As we enter into fasting, Psalm 46:10 reminds us to "be still" — to quiet the clamor inside and around us to truly acknowledge God's sovereignty. Fasting becomes an invitation to silence our distractions and tune our hearts toward God.

Reflect on what chains need loosing in your life, what distractions keep you from peace, and invite God to prepare your heart. Fasting is not about our effort alone but about surrendering control and welcoming God's calming presence.



Day 1: 🌿 Preparing the Heart for Peace

Reflect and Apply

1. What are the distractions or burdens that disturb my peace right now?

2. How can fasting help in loosening unhealthy attachments or habits?

3. In what areas do I need God's restoration through this fast?



Day 1: 🌿 Preparing the Heart for Peace

Journaling Prompts

1. Write about your current state of heart and soul as you begin this fast.

2. Identify specific burdens or distractions you want God to loosen.

3. Describe what peace looks like for you personally during this fast.



Day 1: 🌿 Preparing the Heart for Peace

Prayer for Today

Lord, as I begin this time of fasting, prepare my heart to seek You wholly. Help me to release what hinders Your peace in my life. Still my soul and let me know Your presence deeply today. Calm the restless places within me and teach me to rest in Your unfailing love. May this fast bring me closer to You and awaken a peaceful spirit that relies on Your strength alone. *In Jesus' name, Amen.* 🕊️ 🙏 🌿



Day 2: Embracing Stillness in God's Presence



Day 2: 🕊 Embracing Stillness in God's Presence

Your Verse

Psalm 34:14 - "Turn from evil and do good; seek peace and pursue it."

Supporting Scriptures

- *Matthew 6:16-18 - "When you fast, do not look somber... your Father, who sees what is done in secret, will reward you."*
- *Philippians 4:7 - "And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus."*



Day 2: 🕊 Embracing Stillness in God's Presence

Devotional: Finding Peace in Quiet Devotion

Fasting invites us into stillness, a sacred space where God's peace can flourish. Psalm 34:14 encourages us to make peace something we actively seek and pursue. When we fast, we step away from the noise, distractions, and temptations to intentionally draw near to God.

Jesus teaches in Matthew 6 that fasting is a private act of devotion, not for show. This hiddenness cultivates intimacy, a quiet place where you and God can meet more profoundly. It is in this secret place we discover the peace that guards our hearts and minds, as promised in Philippians 4:7.

Today, embrace stillness as a way to welcome God's calming peace. Let your fast be a spiritual pursuit of peace, turning away from what disturbs it and clinging to the presence of God alone.



Day 2: 🕊 Embracing Stillness in God's Presence

Reflect and Apply

1. How does stillness in fasting help you experience God's peace differently?

2. Are there distractions or worries that I need to consciously turn from today?

3. What might it look like to pursue peace actively in daily life?



Day 2: 🕊 Embracing Stillness in God's Presence

Journaling Prompts

1. Describe your experience of stillness during fasting and how it affected your heart.

2. Write about any distractions or worries you turned from today and how it felt.

3. Journal ideas for how to pursue peace beyond this fast in everyday life.



Day 2: 🕊 Embracing Stillness in God's Presence

Prayer for Today

Father God, teach me to embrace stillness and quiet my soul before You. May my fasting not be for show but a genuine seeking of Your peace. Guard my mind and heart with Your transcendent peace and keep me focused on You alone. Calm every fear and distraction that tries to rob me of rest in Your presence today. I surrender my heart to You fully. *In Jesus' name, Amen.* 🌸





Day 3: 🔥 Purifying the Soul Through Fasting



Day 3: 🔥 Purifying the Soul Through Fasting

Your Verse

Joel 2:13 - "Rend your heart and not your garments. Return to the Lord your God, for he is gracious and compassionate."

Supporting Scriptures

- *Isaiah 58:8 - "Then your light will break forth like the dawn, and your healing will quickly appear."*
- *James 4:8 - "Come near to God and he will come near to you."*



Day 3: 🔥 Purifying the Soul Through Fasting

Devotional: Heart Purification Opens Doors to Peace

Fasting is a powerful way to purify our souls and prepare for God's peace. Joel reminds us that true repentance and fasting come from a contrite heart, not just external rituals. It's about turning deeply to God because He is compassionate and ready to forgive.

When we fast with a genuine heart, Isaiah 58:8 promises healing and breakthrough—the darkness begins to lift, and our inner light shines more clearly. This purification makes space for God's peace to dwell richly within us.

Seek to rend your heart by confessing and surrendering all that disturbs your peace. As James 4:8 encourages, draw near to God with humility and openness. His presence will draw near too, calming your soul and restoring your peace.



Day 3: 🔥 Purifying the Soul Through Fasting

Reflect and Apply

1. What areas of my heart need rending and cleansing to experience peace?

2. How can I surrender these fully to God during this fast?

3. What healing might God bring as I draw near to Him today?



Day 3: 🔥 Purifying the Soul Through Fasting

Journaling Prompts

1. Write about struggles or burdens you sense God wants you to surrender.

2. Reflect on how genuine repentance affects your peace and relationship with God.

3. Describe what healing or breakthrough you are hoping to experience through fasting.



Day 3: 🔥 Purifying the Soul Through Fasting

Prayer for Today

Lord Jesus, I come before You with a broken and contrite heart, ready to surrender fully. Purify my soul through this fast. Let Your healing light break forth and dispel all darkness within me. Help me to draw ever closer to You, knowing You promise to come near. Fill me with Your peace that rejuvenates and restores. Thank You for Your gracious compassion. *In Your holy name, Amen.* 💖 🔥 🙏 🌅





Day 4: 🐉 Trusting God Amid Silence



Your Verse

Philippians 4:6-7 - "Do not be anxious about anything... And the peace of God, which transcends all understanding, will guard your hearts and your minds."

Supporting Scriptures

- *Habakkuk 2:20 - "The Lord is in his holy temple; let all the earth be silent before him."*
- *2 Chronicles 20:17 - "...Do not be afraid or discouraged because of this vast army. For the battle is not yours, but God's."*



Devotional: Choosing Trust Over Anxiety in Stillness

In fasting, silence can amplify both anxiety and the opportunity to trust more deeply in God. Paul's letter to the Philippians encourages believers not to be anxious but instead bring our requests to God, and in return receive His peace guarding our hearts and minds.

Habakkuk presents a beautiful image of total silence before God's holiness. It is in this sacred stillness during fasting that we learn to relinquish control and trust God fully. Like King Jehoshaphat in 2 Chronicles, we face battles beyond our strength, but fasting reminds us that the real battle belongs to God.

When feelings of anxiety arise, choose to whisper your concerns to God and trust His promise of peace. Let silence before Him transform your soul's turmoil into calm assurance.



Reflect and Apply

1. What anxieties surface during fasting, and how can I entrust them to God?

2. How does silence before God help strengthen my trust?

3. What does it mean to recognize ‘the battle is God’s’ in my own life?



Journaling Prompts

1. Write about specific worries or fears confronting you during this fast.

2. Reflect on times when silence helped you experience God's peace.

3. Journal your commitments for trusting God more deeply after this fast.



Day 4: 🌊 Trusting God Amid Silence

Prayer for Today

God of Peace, when anxiety threatens to overwhelm me, remind me to bring every concern to You in prayer. Teach me to be silent before Your holiness, trusting You hold every battle. Guard my heart with Your peace that transcends understanding and calm my restless mind. Help me to rest fully in Your sovereign care today and always. *In Jesus' powerful name, Amen.* 🌿 🙏





Day 5: ✨ Living in Peace Beyond the Fast



Day 5: ✨ Living in Peace Beyond the Fast

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

- *Colossians 3:15 – "Let the peace of Christ rule in your hearts."*
- *Romans 15:13 – "May the God of hope fill you with all joy and peace as you trust in him."*



Day 5: ✨ Living in Peace Beyond the Fast

Devotional: Embracing God's Peace Every Day

As your fast concludes, the peace you have sought through fasting becomes a **lasting gift to carry forward**. Jesus offers a peace unlike any that the world can give. It is profound, steady, and unshakable even amidst difficulties.

Colossians exhorts us to let this peace rule our hearts, guiding decisions, reactions, and relationships. Romans reminds us that peace grows through trust and hope in God, empowering us to live joyfully in His presence.

Commit today to living in the peace God has cultivated in your soul during fasting. Let it shape your daily walk, comforting your heart and spreading calm to those around you.



Day 5: ✨ Living in Peace Beyond the Fast

Reflect and Apply

1. How can I continue to let God's peace rule my heart after fasting?

2. What habits or attitudes might I need to maintain this peace daily?

3. In what ways can I share this peace with others around me?



Day 5: ✨ Living in Peace Beyond the Fast

Journaling Prompts

1. Write about how your experience of peace has changed through fasting.

2. Reflect on practical steps to keep living in God's peace.

3. Identify people you can encourage with the peace you have received.



Day 5: ✨ Living in Peace Beyond the Fast

Prayer for Today

Lord Jesus, thank You for gifting me Your perfect peace through this time of fasting. Help me to carry it beyond these days—letting it rule my heart and guide my steps. Fill me with joy and hope as I trust You daily. Teach me to be a vessel of Your peace, bringing calm and comfort to those around me. I receive Your peace without fear, resting in Your love forever. *Amen.* ✨🙌❤️🙏





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