



# Peace Through Scripture Meditation



Discover lasting peace by resting on God's Word.  
This 5-day plan guides you to meditate on Scripture  
and embrace divine tranquility.

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## Introduction

**Welcome to your journey toward peace through Scripture meditation.** In a world that often feels chaotic and overwhelming, finding true peace can seem impossible. But the Bible offers a lasting peace that transcends circumstances—a peace that calms the heart and mind when we rest deeply in God’s Word.

*Peace is more than the absence of conflict; it is the presence of God’s tranquility within us.* This peace is a gift from God, promised to those who trust Him and lean on His understanding. As you engage with this 5-day study, you will discover how meditating on Scripture daily—taking time to reflect thoughtfully and prayerfully on God’s promises—can replace anxiety with assurance and fear with faith.

Throughout these days, you will explore key passages that reveal God as the source of peace. You’ll learn how His Word acts as a steady anchor, grounding your spirit even when life’s storms rage around you. Meditative Scripture reading is not just about knowledge; it’s about inviting God’s presence to transform your inner life and restore calm to your soul.

**Prepare your heart and set aside quiet moments each day to focus on the Scriptures shared, letting their truth permeate your thoughts and feelings.** As you rest on God’s Word, expect His peace to overflow in ways that impact your daily living—your relationships, decisions, and outlook on life. May this time deepen your connection to God and fill you with a supernatural calm that carries you through every circumstance.



Let's begin this peaceful journey of meditation and trust, embracing God's promise that He will keep our hearts and minds safe in Him.





## Day 1: Embracing God's Peace



Day 1: 🌿 Embracing God's Peace

## 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 26:3 - "You will keep in perfect peace those whose minds are steadfast, because they trust in you."*



Day 1: 🌿 Embracing God's Peace

## Devotional: Receiving God's lasting peace

**God's peace is a precious gift that He freely gives to His children.** In John 14:27, Jesus reassures us that the peace He provides is different from what the world offers—it is lasting and not dependent on external circumstances. When we embrace this peace, our hearts are steadied, and fear begins to dissolve. Rather than being tossed by life's worries, we learn to rest in God's presence.

*Reflect on the meaning of this peace today.* It is not just the absence of trouble but the presence of God's calming Spirit. Philippians 4:7 describes this peace as guarding our hearts and minds—like a protective shield against anxiety. Isaiah reminds us that this peace flourishes when our minds remain steadfast and focused on trusting God. Meditation on these Scriptures invites a deeper rest as we fix our thoughts on God rather than fear.

Start your meditation by slowing down, reading John 14:27 aloud, and silently repeating it to yourself, letting the words sink into your heart. Allow yourself to receive God's peace fully. This rest in His Word is the foundation upon which we build a peaceful life.



Day 1: 🌿 Embracing God's Peace

## Reflect and Apply

1. How do you currently experience peace in your life?

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2. What fears or worries does Jesus urge you to release today?

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3. How can meditating on God's promises change your response to stress?

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Day 1: 🌿 Embracing God's Peace

## Journaling Prompts

1. Write about a time when God's peace helped you through a difficult situation.

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2. List the truths in John 14:27 that stand out to you and why.

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3. Describe what it feels like to 'not let your heart be troubled' in your current circumstances.

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Day 1: 🌿 Embracing God's Peace

## Prayer for Today

**Dear Heavenly Father,** thank You for the gift of Your peace that surpasses all understanding. Help me to rest in Your promises and not be anxious or afraid. Teach me to trust You more deeply every day, anchoring my heart and mind in the truth of Your Word. May Your peace guard me like a shield as I meditate on Your Scriptures. Help me to carry this peace into every area of my life so I can reflect Your calm and confidence. In Jesus' name, *amen*. ❤️🕊️🙏📖





## Day 2: 🧘 Meditating on God's Word



## Day 2: 🧘 Meditating on God's Word

## Your Verse

*Psalm 1:2-3 - "But whose delight is in the law of the LORD, and who meditates on his law day and night. That person is like a tree planted by streams of water..."*

## Supporting Scriptures

- *Joshua 1:8 - "Keep this Book of the Law always on your lips; meditate on it day and night..."*
- *Psalm 19:14 - "May these words of my mouth and this meditation of my heart be pleasing in your sight, LORD..."*



## Devotional: Cultivating peace through Scripture meditation

**Meditating on God's Word is key to experiencing His peace.** Psalm 1 paints the beautiful picture of a person who delights in the Lord's law and meditates on it continuously. Such a person is like a tree planted by flowing streams—steadfast, nourished, and fruitful. Meditation is not merely reading Scripture but dwelling deeply on its meaning, letting it transform our hearts and minds.

Joshua 1:8 commands us to keep God's Word constantly in our lips and minds. This discipline builds spiritual strength and peace as we internalize God's principles. When we meditate, we create space in our busy lives to hear God's voice, gain wisdom, and remind ourselves of His promises.

*Take time today to practice meditation intentionally.* Find a quiet place, read a passage slowly, and reflect on how it applies to your life. Ask God to reveal His peace through His Word. Like the Psalmist in Psalm 19, pray that your words and thoughts may be pleasing to God and filled with His peace.



## Reflect and Apply

1. What does meditation on Scripture look like for you practically?

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2. How can deeper meditation nurture your inner peace?

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3. What distractions do you need to set aside to create space for God's Word?

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# Journaling Prompts

1. Describe a Scripture that has brought you peace and why.

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2. Write about how the imagery of a tree by water applies to your spiritual life.

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3. List ways you can incorporate Scripture meditation into your daily routine.

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Day 2: 🧘 Meditating on God's Word

## Prayer for Today

**Lord God**, thank You for the living Word that nourishes my soul. Help me to delight in Your law and meditate on it day and night. Teach me how to slow down and focus my thoughts on You. May Your Word be a constant source of peace that strengthens and steadies me. Help me to grow deep roots like the tree planted by streams of water, producing fruit for Your glory. In Jesus' name, *amen*. 🌳📖🙏🌿







## Day 3: Trusting God Amidst Anxiety



## Your Verse

*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... will guard your hearts and your minds in Christ Jesus."*

## Supporting Scriptures

- *Matthew 6:34 - "Therefore do not worry about tomorrow... each day has enough trouble of its own."*
- *1 Peter 5:7 - "Cast all your anxiety on him because he cares for you."*



## Devotional: Replacing anxiety with God's peace

**Anxiety often robs us of peace, but God invites us to bring all our worries to Him.** Philippians 4:6-7 is a powerful reminder that we can combat anxiety through prayer and thanksgiving. Instead of dwelling on fears, we surrender our concerns to God, trusting Him to provide peace that protects our hearts and minds.

Jesus also encourages us in Matthew 6:34 not to be consumed by worries about the future but to focus on today's blessings. And 1 Peter 5:7 assures us that when we cast our anxieties on God, He responds with care and compassion.

*Today's meditation calls you to actively exchange anxiety for God's peace.* Write down any worries or fears you carry and pray them over to God, thanking Him for His faithful presence. Let His peace flood your heart as you trust in His perfect care. Meditation and prayer partner to create a sanctuary of peace amid life's storms.



## Reflect and Apply

1. What anxieties do you need to surrender to God today?

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2. How does thanksgiving shape your attitude toward worries?

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3. In what ways can prayer transform your experience of anxiety?

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# Journaling Prompts

1. List your current worries and write a prayer of surrender for each.

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2. Reflect on a past time when God's peace guarded your heart during anxiety.

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3. Journal about how gratitude changes your perspective in difficult moments.

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Day 3: 🛡️ Trusting God Amidst Anxiety

## Prayer for Today

**Father**, I bring my anxieties and worries to You today. Teach me to trust You fully and to thank You even in uncertain times. Guard my heart and mind with Your peace that surpasses all understanding. Help me remember that You care deeply and are always present. Replace my fear with faith as I rest in Your love. In Jesus' name, *amen*. 🛡️ 🙏 💙 📖





## Day 4: Resting in God's Promises



## Your Verse


*Isaiah 41:10 - "So do not fear, for I am with you; do not be dismayed, for I am your God... I will strengthen you and help you; I will uphold you with my righteous right hand."*

## Supporting Scriptures

- *Deuteronomy 31:6 - "Be strong and courageous. Do not be afraid or terrified because of them, for the LORD your God goes with you..."*
- *Romans 15:13 - "May the God of hope fill you with all joy and peace as you trust in him..."*





Day 4:  Resting in God's Promises

## Devotional: Finding rest in God's faithful promises

**Resting securely in God's promises anchors our peace in His unchanging character.** Isaiah 41:10 offers powerful reassurance: we need not fear because God is with us. He pledges to strengthen, help, and uphold us—actions that embody protection and care. Trusting in these promises calms our hearts and gives us courage.

Deuteronomy 31:6 echoes this call for strength and courage, reminding us that God's presence is constant. Romans 15:13 complements this by envisioning a fullness of joy and peace that comes from trusting God's hope.

*As you meditate today, focus on God's promises of companionship, strength, and hope.* Repeat Isaiah 41:10 slowly, inviting God's reassuring words into your heart. Reflect on how these truths apply to your current situation and allow God to fill you with peace and joy.



## Reflect and Apply

1. Which of God's promises gives you the most comfort today?

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2. How can remembering God's presence change your fear into courage?

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3. What does resting in God's strength look like in your daily life?

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# Journaling Prompts

1. Write about a promise from God that has brought you peace before.

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2. Describe how you experience God's 'upholding' in challenging times.

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3. List fears you can replace with God's promises from Isaiah 41:10.

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Day 4: 🌅 Resting in God's Promises

## Prayer for Today

**Lord**, thank You for Your steadfast presence and faithful promises. Help me to rest completely in Your strength and care. When fear arises, remind me that You uphold me with Your righteous hand. Fill me with hope, joy, and peace as I trust in You daily. May Your promises be my refuge and courage. In Jesus' name, *amen*. 🙌 🌅 🌟 🙏



## Day 5: ✨ Living Out Peace



Day 5: ✨ Living Out Peace

## Your Verse

*Colossians 3:15 - "Let the peace of Christ rule in your hearts, since as members of one body you were called to peace..."*

## Supporting Scriptures

- *Romans 12:18 - "If it is possible, as far as it depends on you, live at peace with everyone."*
- *Matthew 5:9 - "Blessed are the peacemakers, for they will be called children of God."*



Day 5: ✨ Living Out Peace

## Devotional: Reflecting Christ's peace in the world

**Peace is not only a gift to receive but a calling to live out in our relationships.** Colossians 3:15 challenges us to let the peace of Christ rule in our hearts, shaping our attitudes and actions daily. As followers of Jesus, we are called to foster harmony and reconciliation in our communities.

Romans 12:18 encourages us to strive for peace with others as much as possible, showing God's love in practical ways. Jesus' words in Matthew 5:9 honor those who actively pursue peace, declaring them His children.

*Consider how your life reflects the peace of Christ.* Meditate today on how God's peace can influence your words, choices, and relationships. Pray for a heart of a peacemaker, one who brings healing rather than conflict. Living out peace is a daily decision and a powerful witness to the world.



## Reflect and Apply

1. How can you allow Christ's peace to rule your heart today?

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2. What steps can you take to live peacefully with others?

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3. How does being a peacemaker honor God's heart and mission?

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# Journaling Prompts

1. Write about a relationship where you can actively promote peace.

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2. Describe what ‘letting the peace of Christ rule’ looks like in your thoughts and actions.

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3. List practical ways to become a peacemaker in your community.

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Day 5: ✨ Living Out Peace

## Prayer for Today

Jesus, I invite Your peace to rule my heart and guide my life. Help me to be a peacemaker in all my relationships, reflecting Your love and grace. Give me wisdom and courage to pursue harmony, even when it is difficult. May my life bear witness to the peace You offer the world. In Your holy name, *amen*. 🙌





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