



# Peace Under Pressure: Finding Calm in Stressful Times



Explore how trusting God and prayer can bring lasting peace during stress and conflict, helping teens face challenges with calm confidence.

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## Introduction

**Teen life is full of challenges:** school deadlines, friendships, family tensions, and the pressure to fit in. It's normal to feel overwhelmed by anxiety or conflict. But the Bible offers a powerful solution: *peace that surpasses all understanding*. This peace isn't just the absence of trouble—it's a deep, lasting calm in the midst of storms.

In these three days, we will explore how young people like you can tap into God's peace even when life feels chaotic. Prayer is a vital tool that connects us with God's presence and power, helping us release our worries and receive His comfort. Trusting God means choosing to believe He is in control, even when circumstances seem uncertain or difficult.

As you journey through this study, you'll discover practical ways to handle stress and conflict by leaning on God rather than your own strength. By the end, you'll have encouragement and scripture to help you remain steady and hopeful during pressure, knowing that God's peace can guard your heart and mind no matter what challenges come your way. Let's embrace God's promise today and begin experiencing His calming presence in every area of life. 🌿





## Day 1: 🕊️ Embracing Peace Amid Anxiety



Day 1: 🕊 Embracing Peace Amid 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, which transcends all understanding, will guard your hearts and your minds in Christ Jesus."*

## Supporting Scriptures

- *Isaiah 41:10 – "So do not fear, for I am with you; do not be dismayed, for I am your God."*
- *John 14:27 – "Peace I leave with you; my peace I give you. I do not give to you as the world gives."*



Day 1: 🕊 Embracing Peace Amid Anxiety

## Devotional: Handing Over Anxiety Through Prayer

**Anxiety is a common struggle especially for teens navigating many pressures.** Philippians 4:6-7 gives us a clear path: instead of letting worry take over, we're invited to bring our concerns to God through prayer. Notice that this isn't just about asking God for something; it calls for thanksgiving too — recognizing what God has already done builds our trust in Him.

**When you prayerfully hand over your fears and thank God for His faithfulness, something incredible happens.** God's peace—a supernatural calm—comes to guard your heart and mind. This peace protects you like a shield even when the world around you feels chaotic. It's not based on circumstances but on God's presence.

Try it today: whatever is causing stress, be honest with God about how you feel and thank Him for His care. Watch how He starts to replace your anxiety with calm assurance.



Day 1: 🕊 Embracing Peace Amid Anxiety

## Reflect and Apply

1. What worries are you currently carrying that you can bring to God in prayer?

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2. How does thanksgiving during prayer change your perspective on stressful situations?

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3. Can you recall a time when God's peace helped you stay calm? What did you learn from it?

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Day 1: 🕊 Embracing Peace Amid Anxiety

## Journaling Prompts

1. Write down the things causing you anxiety right now and offer them to God in prayer.

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2. List three things you're thankful for, even during tough times.

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3. Reflect on a past stressful moment where you felt God's peace—describe what happened.

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Day 1: 🕊 Embracing Peace Amid Anxiety

## Prayer for Today

**Lord**, thank You for the invitation to cast all my worries on You. Please teach me to bring my anxiety to You in prayer and to remember to thank You for Your constant presence. Help me to experience Your peace guarding my heart and mind, especially when I feel stressed or overwhelmed. Let Your calm and love replace my fear today. In Jesus' name, *amen*. 🙏 🕊 ❤️





## Day 2: 🔥 Trusting God in Conflict



## Day 2: 🔥 Trusting God in Conflict

## Your Verse

*Romans 12:18 – "If it is possible, as far as it depends on you, live at peace with everyone."*

## Supporting Scriptures

- *Matthew 5:9 – "Blessed are the peacemakers, for they will be called children of God."*
- *Proverbs 15:1 – "A gentle answer turns away wrath, but a harsh word stirs up anger."*



## Day 2: 🔥 Trusting God in Conflict

## Devotional: Choosing Grace and Peace in Conflicts

**Conflict often stirs up tension and anxiety in our relationships, especially during our teen years.** Romans 12:18 encourages us to make every effort to live at peace with others. Notice it says, "as far as it depends on you." We can't control others, but we can control our attitudes and responses.

**Trusting God during conflict means choosing to respond with grace rather than anger.** Matthew 5:9 calls us peacemakers. This involves humility, patience, and sometimes stepping back to pray before reacting. Proverbs 15:1 reminds us how powerful a gentle answer can be to diffuse anger.

When you rely on God's strength to guide your words and actions, you break the cycle of conflict and build bridges. Prayer is key—asking God to soften your heart and help you reflect His peace to others even when situations feel tense.



Day 2: 🔥 Trusting God in Conflict

## Reflect and Apply

1. How do you usually react when you face conflict? Are those reactions bringing peace or more tension?

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2. Where can you take more responsibility in maintaining peace in your relationships?

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3. What role does prayer play when you are dealing with difficult situations involving others?

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Day 2: 🔥 Trusting God in Conflict

# Journaling Prompts

1. Describe a recent conflict and how you handled it. What could you do differently next time?

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2. Write down ways you can become a peacemaker in your family, school, or friendships.

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3. Pray and ask God to help you respond with gentleness in challenging moments.

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## Day 2: 🔥 Trusting God in Conflict

# Prayer for Today

**Father**, thank You that You call me to be a peacemaker. Help me to rely on You when conflicts arise and to choose gentleness over harshness. Teach me to seek peace and to trust You with the outcome. Please calm any anxious feelings I have toward others and fill me with Your love. In Jesus' name, *amen*.





## Day 3: Resting in God's Promise of Peace





Day 3: 🌿 Resting in God's Promise of Peace

## Your Verse

*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."*

## Supporting Scriptures

- *Psalm 46:10 – "Be still, and know that I am God."*
- *2 Timothy 1:7 – "For the Spirit God gave us does not make us timid, but gives us power, love and self-discipline."*



Day 3: 🌿 Resting in God's Promise of Peace

## Devotional: Finding Strength in God's Victory

**Jesus didn't promise a trouble-free life, but He did promise peace in the middle of it.** John 16:33 reminds us that even though the world can be hard, we can take heart because Jesus has already overcome those challenges.

**Resting in God's peace means trusting His victory over the struggles you face today.** Psalm 46:10 calls us to 'be still,' a powerful invitation to pause and remember who God is amid chaos. This stillness lets God's Spirit work within us, replacing fear with power, love, and self-discipline (2 Timothy 1:7).

This peace is not passive but active—it's about choosing to trust God daily, practicing stillness through prayer and meditation, and allowing His Spirit to guide your thoughts and actions. You can face pressures with confidence knowing you are supported by the God who has conquered the world.



Day 3: 🌿 Resting in God's Promise of Peace

## Reflect and Apply

1. What troubles in your life do you need to hand over to Jesus today?

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2. How can you practice being 'still' and trusting God more in your daily routine?

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3. In what ways does remembering Jesus' victory give you hope and strength?

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Day 3: 🌿 Resting in God's Promise of Peace

## Journaling Prompts

1. Write a letter to Jesus expressing your trust in His peace despite challenges.

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2. List practical ways you can pause and be still with God during busy or stressful days.

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3. Reflect on how God's Spirit helps you overcome fear and encourages you.

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Day 3: 🌿 Resting in God's Promise of Peace

## Prayer for Today

**Lord Jesus**, thank You that You have overcome the world and that I can have peace in You. Help me to be still and trust Your power, love, and guidance every day. When troubles come, remind me of Your victory and fill me with courage and calm. Teach me to rest in Your peace even when life is difficult. In Your name, *amen*. 🌿 ☩ 🙏





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