



# Resolving Conflict in the Workplace



Discover biblical wisdom to be a peacemaker, set healthy boundaries, and honor God in navigating workplace conflicts with grace and truth.

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## Introduction

**Welcome to the 21-day journey on resolving conflict in the workplace.** Conflict at work can be a source of stress, anxiety, and broken relationships. But it doesn't have to steal your peace or derail your calling. The Bible offers timeless guidance that empowers you to be a peacemaker, establish healthy boundaries, and honor God in even the most challenging situations.

*In this study, we'll explore practical, Spirit-led ways to respond to conflicts that arise with colleagues, supervisors, and teams. You'll learn how to communicate with grace, listen actively, and pursue reconciliation without compromising your values.*

Workplace peace is more than avoiding confrontation—it's about embodying Christ's love and truth in action. You'll discover how humility and courage come together to foster environments where respect and understanding prosper. As you progress through the study, let God's Word shape your heart and mind, enabling you to navigate conflict with wisdom and integrity.

**Whether you're a manager, an employee, or a team member, this study offers insights to help you transform challenges into opportunities for growth and witness. Remember, the power to bring peace starts within your heart, and your example can light the way for others.**





## Day 1: 🕊️ Embracing the Heart of a Peacemaker



Day 1: 🤝 Embracing the Heart of a Peacemaker

## Your Verse

*Matthew 5:9 – "Blessed are the peacemakers, for they will be called children of God."*

## Supporting Scriptures

- *Romans 12:18 – "If it is possible, as far as it depends on you, live at peace with everyone."*
- *James 3:18 – "Peacemakers who sow in peace reap a harvest of righteousness."*



Day 1:  Embracing the Heart of a Peacemaker

## Devotional: Called to Be God's Peacemakers

**Conflict at work is inevitable, but God calls us to a higher standard—as peacemakers.** Jesus blesses those who actively pursue peace, identifying them as His children. This means that embodying peace isn't passive; it's an intentional, God-inspired action.

*Romans 12:18* reminds us that while we cannot control others' behavior, we are responsible for doing everything within our power to live peacefully. To be a peacemaker requires humility, patience, and the Spirit's guidance to respond thoughtfully instead of reacting impulsively.

In your workplace, conflicts may arise from misunderstandings, differences in opinion, or even injustice. Your role isn't to avoid these but to address them with a peace-oriented heart. Reflect on how you can sow seeds of peace today—through kind words, fairness, and willingness to listen.



Day 1:  Embracing the Heart of a Peacemaker

## Reflect and Apply

1. What does being a peacemaker look like in your current workplace conflicts?

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2. How might your attitude influence the peace or tension around you?

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3. Where have you seen God's peace break through conflict in the past?

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Day 1:  Embracing the Heart of a Peacemaker

## Journaling Prompts

1. Recall a recent workplace conflict: How did you respond and why?

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2. Identify one way you can actively pursue peace this week.

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3. Pray for God's help to grow as a peacemaker—write down your prayer.

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Day 1: 🤝 Embracing the Heart of a Peacemaker

## Prayer for Today

**Lord, today I ask for Your peace to fill my heart and guide my actions at work. Help me to become a true peacemaker, reflecting Your love in difficult moments. Teach me humility and patience when conflict arises, and grant me wisdom to respond in ways that honor You and bring reconciliation. May Your Spirit empower me to sow peace wherever I go, that I may reap Your righteousness. In Jesus' name, Amen.** 🤝 🙏 📁 💡





## Day 2: The Power of Gentle Words



## Your Verse

*Proverbs 15:1 – "A gentle answer turns away wrath, but a harsh word stirs up anger."*

## Supporting Scriptures

- *Ephesians 4:29 – "Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up."*
- *Colossians 4:6 – "Let your conversation be always full of grace, seasoned with salt."*



## Devotional: Speaking Life Through Gentle Words

**The words we choose in conflict can either escalate tensions or restore peace.** Proverbs 15:1 teaches us that gentle answers have a unique power: they calm tempers and open the door to resolution. In the workplace where emotions often run high, speaking with kindness and grace can be a disarming force.

*Ephesians 4:29*

Take a moment to evaluate your communication style. Are your words seasoned with kindness, or do they sometimes hurt? When you're tempted to respond defensively, remember that your gentle words reflect Christ's character and can diffuse conflict before it grows.



## Reflect and Apply

1. How do your words typically affect tense situations at work?

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2. What practices can help you respond gently even when provoked?

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3. Can you identify a time when gentle words changed a conflict's outcome?

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# Journaling Prompts

1. Write down phrases you can use to respond gently in conflict.

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2. Reflect on how speaking with grace impacts your relationships.

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3. Pray for wisdom to control your tongue—journal your thoughts.

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## Prayer for Today

**Father God, thank You for the gift of speech and the power You've given words to heal or hurt.** Please help me choose my words carefully, speaking with gentleness and grace even when tensions rise. Teach me to be an encourager and peacemaker through my conversation. Guard my tongue from harshness and pride, and use my speech to honor You and build unity in my workplace. In Jesus' name, Amen. 💬 🕊️ 🙏 🗣️







## Day 3: Setting Boundaries with Wisdom



## Your Verse

*Proverbs 25:17 – "Seldom set foot in your neighbor's house— too much of you, and they will hate you."*

## Supporting Scriptures

- *Matthew 5:37 – "Let your 'Yes' be 'Yes,' and your 'No,' 'No.'"*
- *Galatians 6:5 – "Each one should carry their own load."*



## Devotional: Wise Boundaries Protect Workplace Peace

**Healthy boundaries create space for peace and respect in relationships.**

Proverbs 25:17 uses a vivid picture to illustrate the wisdom in knowing how much to engage with others. In the workplace, establishing clear boundaries prevents misunderstandings and resentment.

*Jesus' teaching in Matthew 5:37*

Boundaries aren't about building walls but about self-care and honoring God's design for relationships. When coworkers overstep, or demands become overwhelming, it's okay to assert limits respectfully. This not only protects your peace but also models maturity and honesty to others.



## Reflect and Apply

1. Where in your work life do you struggle with setting boundaries?

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2. How can clear boundaries lead to healthier teamwork?

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3. Are there fears or misconceptions that make boundary-setting difficult for you?

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# Journaling Prompts

1. List areas where you need to establish or reinforce boundaries.

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2. Describe how you can say 'no' kindly but firmly in tough situations.

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3. Ask God to help you respect your limits—record your prayer.

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## Day 3: 🛡️ Setting Boundaries with Wisdom

## Prayer for Today

**Lord, help me to understand the importance of boundaries in my work relationships.** Give me courage to say 'yes' or 'no' with integrity and kindness. Teach me to honor both my needs and those of others so that peace and respect flourish. Guard me against overextending myself and guide me in carrying my own responsibilities faithfully. May my boundaries be a testimony of Your wisdom and love. In Jesus' name, Amen. 🛡️💪🙏🕊️





## Day 4: 🦻 The Art of Listening Well



## Your Verse

*James 1:19 – "Everyone should be quick to listen, slow to speak and slow to become angry."*

## Supporting Scriptures

- *Proverbs 18:13 – "To answer before listening—that is folly and shame."*
- *Philippians 2:3-4 – "...in humility value others above yourselves, not looking to your own interests but each of you to the interests of the others."*





## Devotional: Listening Opens the Door to Peace

**Listening is a vital skill in resolving workplace conflict.** James 1:19 calls us to be quick to listen and slow to speak, a helpful prescription for understanding others before reacting. Often, conflicts escalate because we fail to fully hear one another's concerns.

*Proverbs 18:13*

Try today to practice deep listening in your interactions: ask clarifying questions, avoid interrupting, and show empathy even when you disagree. This approach not only prevents misunderstandings but also fosters mutual trust and cooperation.



## Reflect and Apply

1. How well do you listen when tensions arise at work?

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2. What barriers might keep you from truly hearing others?

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3. How can humility change your approach to difficult conversations?

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## Day 4: 📖 The Art of Listening Well

# Journaling Prompts

1. Recall a recent conversation where you struggled to listen—what happened?

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2. Write down ways to improve your listening skills today.

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3. Pray for a humble heart that values others—journal your thoughts.

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## Day 4: 🦻 The Art of Listening Well

## Prayer for Today

**Father, teach me to listen with an open heart and mind.** Help me to be slow to speak and slow to anger, especially when disagreements arise. Fill me with humility to truly value others' viewpoints and respond with grace. May my listening bring understanding and peace in my workplace relationships. In Jesus' name, Amen. 🦻 🕊️ 🙏 🧡





## Day 5: 💛 Pursuing Reconciliation Actively



## Your Verse

*Matthew 18:15 – "If your brother or sister sins, go and point out their fault, just between the two of you."*

## Supporting Scriptures

- *Ephesians 4:32 – "Be kind and compassionate to one another, forgiving each other."*
- *Colossians 3:13 – "Bear with each other and forgive one another if any of you has a grievance against someone."*



Day 5: 🧡 Pursuing Reconciliation Actively

## Devotional: Courageous Steps Toward Reconciliation

**Pursuing reconciliation requires courage and love.** Matthew 18:15 offers a practical model: address conflict privately and directly to restore relationships. Avoiding conflict or gossiping only fuels division and bitterness.

*Ephesians 4:32* *Colossians 3:13* emphasize kindness, compassion, and forgiveness as essential attitudes in the process. Reconciliation is a journey often involving humility, vulnerability, and grace on all sides.

When you take initiative to seek peace with a coworker, you model Christ's heart and invite His healing power. Step out in faith today by considering if there's someone you need to approach and begin mending the break.



## Reflect and Apply

1. Who might God be prompting you to reconcile with at work?

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2. How do forgiveness and kindness influence your approach to conflict?

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3. What fears or barriers hold you back from addressing conflict directly?

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Day 5: 🧡 Pursuing Reconciliation Actively

## Journaling Prompts

1. Identify one strained work relationship and outline a step toward reconciliation.

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2. Write down ways you can show kindness and forgiveness today.

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3. Pray for God's courage and grace to pursue peace—journal your prayer.

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Day 5: 🧡 Pursuing Reconciliation Actively

## Prayer for Today

**Lord, give me the strength and humility to pursue reconciliation in my conflicts.** Help me to act privately and lovingly, showing kindness and forgiveness even when it's difficult. Heal broken relationships in my workplace and use me as an instrument of Your peace. May Your grace flow through me to restore what is broken. In Jesus' name, Amen. 🧡 🕊️ 🙏 ❤️





## Day 6: 🧠 Renewing the Mind in Conflict



## 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

- *Philippians 4:8 - "Whatever is true, noble, right, pure, lovely...think about such things."*
- *Isaiah 26:3 - "You will keep in perfect peace those whose minds are steadfast."*



# Devotional: Transforming Conflict Through Renewed Minds

**Your mindset shapes how you handle conflict.** Romans 12:2 encourages us not to adopt the world's reactive patterns but to renew our thinking through God's truth. The workplace can be a pressure cooker, tempting us to think negatively or defensively.

*Philippians 4:8*

Renewing your mind daily with Scripture helps you respond with calm and clarity. Instead of absorbing workplace hostility, choose God's truth as your guide in every encounter. This mental renewal paves the way for peaceful, wise responses.



## Reflect and Apply

1. What negative thought patterns fuel your workplace conflicts?

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2. How can you intentionally focus on God's truth amid tension?

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3. How does your mindset affect your emotional response in conflict?

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## Journaling Prompts

1. List common negative thoughts you need to replace with truth.

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2. Write Scripture verses that help renew your mind in difficult moments.

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3. Pray for a steadfast mind to experience God's peace—journal your prayer.

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Day 6: 🧠 Renewing the Mind in Conflict

## Prayer for Today

**Heavenly Father, renew my mind according to Your truth each day.** Help me reject worldly patterns of anger or fear and focus on what is pure and lovely. Calm my thoughts to embrace Your peace even in difficult situations. Transform my perspective so I may reflect Christ's wisdom and grace at work. In Jesus' name, Amen. 🧠 ✋ 🙏 📖







## Day 7: 💡 Practicing Patience Under Pressure



## Day 7: 💡 Practicing Patience Under Pressure

## Your Verse

*Galatians 5:22-23 - "The fruit of the Spirit is... patience... against such things there is no law."*

## Supporting Scriptures

- *Ecclesiastes 7:8 - "The end of a matter is better than its beginning; patience is better than pride."*
- *James 5:7 - "Be patient...until the Lord's coming."*



## Devotional: Patience Reflects the Spirit's Work

**Patience is a fruit of the Spirit vital to conflict resolution.** Galatians highlights patience as essential to living well with others. When workplace conflicts arise, patience allows us to endure challenges without resentment or haste.

*Ecclesiastes 7:8*

In your job, practicing patience might mean listening longer, giving others time to change, or enduring frustrating situations peacefully. This spiritual fruit helps you maintain peace internally and relate better externally, inviting God's work in every circumstance.



## Day 7: 💡 Practicing Patience Under Pressure

# Reflect and Apply

1. How do you typically express impatience at work?

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2. What benefits might come from choosing patience in conflict?

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3. Where do you need God's help to grow in patience today?

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# Journaling Prompts

1. Recall a recent situation that tested your patience and reflect on the outcome.

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2. Identify practical ways to exercise patience in daily interactions.

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3. Pray for the Spirit to cultivate patience in your heart—journal your prayer.

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## Day 7: 💡 Practicing Patience Under Pressure

## Prayer for Today

**Spirit of God, cultivate patience within me as I face workplace challenges.**  
Help me to wait with grace and humility, trusting in Your timing. May patience be a testimony of Your presence in me, softening hearts and opening doors to peace. Strengthen me to endure and respond with calm and love. In Jesus' name, Amen. 🍇 🙏 🕊 ⌚





## Day 8: 🔍 Seeking Godly Wisdom in Decisions



## Your Verse

*James 1:5 - "If any of you lacks wisdom, you should ask God... and it will be given."*

## Supporting Scriptures

- *Proverbs 3:5-6 - "Trust in the Lord with all your heart and lean not on your own understanding..."*
- *Ecclesiastes 7:12 - "Wisdom preserves those who have it."*





## Devotional: Divine Wisdom Guides Conflict Resolution

**Wisdom is crucial when navigating complex workplace conflicts.** James assures us that God generously provides wisdom to those who seek it. Instead of relying on our limited understanding or emotions, we can turn to God for guidance.

*Proverbs 3:5-6* encourages trust in God's direction rather than our own assumptions. Ecclesiastes highlights how wisdom acts as a safeguard, preserving peace and relationships.

Before responding to conflict, pause to ask God for discernment—what to say, when to act, and how to maintain integrity. This practice builds confidence, reduces mistakes, and paves the way for constructive resolution.



## Reflect and Apply

1. Do you seek God's wisdom before addressing workplace issues?

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2. How does trusting God change your approach to difficult decisions?

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3. When have you seen God's wisdom protect or lead you in conflict?

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# Journaling Prompts

1. Write a prayer asking God for wisdom for an upcoming workplace challenge.

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2. List decisions you need to approach with God's guidance.

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3. Reflect on a past conflict where wisdom made a difference.

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Day 8: 🔍 Seeking Godly Wisdom in Decisions

## Prayer for Today

**Lord, I humbly ask for Your wisdom to navigate workplace conflicts.** When confusion or pressure mounts, help me rely on You and not my own understanding. Grant me clarity and discernment to honor You in my decisions, fostering peace and reconciliation. Guide my steps today and always. In Jesus' name, Amen. 🔍 🙏 💡 ✍️





## Day 9: 🙏 Christhood Humility in Work Relationships



Day 9: 🙏 Christhood Humility in Work Relationships

## Your Verse

*Philippians 2:3 - "Do nothing out of selfish ambition or vain conceit, but in humility consider others better than yourselves."*

## Supporting Scriptures

- *Romans 12:10 - "Be devoted to one another in love. Honor one another above yourselves."*
- *Luke 14:11 - "For all those who exalt themselves will be humbled, and those who humble themselves will be exalted."*



## Devotional: Humility Builds Bridges in Conflict

**Humility is the foundation of healthy and peaceful relationships.** Paul's exhortation in Philippians challenges us to reject selfishness and instead place others' needs and perspectives above our own. In workplace conflicts, pride often fuels division and defensiveness.

*Romans 12:10* shows us that love and honor are practical expressions of humility. By valuing others genuinely, we dissolve barriers and build trust.

Model Christ's humility daily by listening well, admitting faults when necessary, and seeking others' good. This posture disarms conflict and invites cooperation. Remember Luke's reminder: humility leads to true exaltation in God's eyes.



Day 9: 🙏 Christhood Humility in Work Relationships

## Reflect and Apply

1. In what ways do pride or selfishness complicate your workplace relationships?

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2. How can you practice humility when tensions arise?

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3. Who at work exemplifies humility, and what can you learn from them?

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Day 9: 🙏 Christhood Humility in Work Relationships

## Journaling Prompts

1. Reflect on a recent conflict where humility could have changed the outcome.

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2. Write practical ways to express humility in your interactions.

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3. Pray for a heart that honors others before self—journal your prayer.

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Day 9: 🙏 Christhood Humility in Work Relationships

## Prayer for Today

**Jesus, teach me to walk in Your humility and grace.** Help me turn away from selfishness and instead honor those around me sincerely. In every workplace interaction, may I reflect Your love and value others above myself. Humble my heart and promote unity within my team. In Your precious name, Amen. 🙏





## Day 10: Bearing Fruit Through Forgiveness



Day 10: 🌿 Bearing Fruit Through Forgiveness

## Your Verse

*Ephesians 4:31-32 - "Get rid of all bitterness, rage and anger... Be kind and compassionate, forgiving each other."*

## Supporting Scriptures

- *Matthew 6:14 - "For if you forgive other people when they sin against you, your heavenly Father will also forgive you."*
- *Colossians 3:13 - "Forgive as the Lord forgave you."*



Day 10: 🌿 Bearing Fruit Through Forgiveness

## Devotional: Forgiveness Frees You to Love Again

**Forgiveness is a critical step to resolving workplace conflicts and restoring peace.** Ephesians calls us to cast off bitterness and anger and instead cultivate kindness and compassion. Carrying grudges weighs down relationships and steals your peace.

*Matthew reminds us that forgiving others is connected to receiving God's forgiveness, and Colossians commands that we forgive as Christ has forgiven us.* This means forgiving isn't optional but essential for those who follow Jesus.

Practice forgiveness actively by releasing resentment, praying for offenders, and seeking restoration. Though sometimes difficult, forgiveness opens the door to healing and renews workplace harmony.



Day 10: 🌿 Bearing Fruit Through Forgiveness

## Reflect and Apply

1. Do you harbor any bitterness or resentment toward coworkers?

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2. How does unforgiveness affect your work environment and heart?

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3. What steps can you take to extend forgiveness today?

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Day 10: 🌿 Bearing Fruit Through Forgiveness

## Journaling Prompts

1. Write about a situation where forgiveness brought peace.

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2. List people you need to forgive and why.

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3. Pray for God's help to forgive fully—record your prayer.

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Day 10: 🌿 Bearing Fruit Through Forgiveness

## Prayer for Today

**Lord, soften my heart to forgive as You have forgiven me. Remove all bitterness and anger, replacing it with compassion and kindness. Help me release grudges that weigh me down and hinder peace at work. Teach me to forgive freely, reflecting Your grace in every relationship. In Jesus' name, Amen.** 🌿 🙏 ❤️ ✎







## Day 11: ⚖️ Pursuing Justice with Mercy



Day 11:  Pursuing Justice with Mercy

## Your Verse

*Micah 6:8 - "What does the Lord require of you? To act justly and to love mercy..."*

## Supporting Scriptures

- *Proverbs 21:3 - "To do what is right and just is more acceptable to the Lord than sacrifice."*
- *James 2:13 - "Mercy triumphs over judgment."*



Day 11: 📖 Pursuing Justice with Mercy

## Devotional: Justice and Mercy Harmonize Peace

**Balancing justice and mercy is vital in workplace conflicts.** Micah 6:8 reminds us God calls us to act justly while loving mercy and humility. At work, seeking fairness ensures respect and accountability, but harshness can fracture relationships.

*Proverbs emphasizes that right actions please God more than ritual, and James reassures us that mercy has the final word.*

In conflict, pursue solutions that uphold truth and fairness but temper your approach with compassion and grace. This balance honors God and fosters reconciliation rather than cold legalism or harsh judgment.



Day 11:  Pursuing Justice with Mercy

## Reflect and Apply

1. How do you balance fairness and mercy in workplace conflicts?

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2. Where might you lean too heavily toward judgment or grace?

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3. How can you show mercy while upholding what is right?

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Day 11:  Pursuing Justice with Mercy

# Journaling Prompts

1. Recall a situation where mercy improved a conflict's outcome.

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2. Write ways you can seek just and merciful solutions today.

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3. Pray for a heart that balances justice and mercy well.

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Day 11: 🏛️ Pursuing Justice with Mercy

## Prayer for Today

**God, help me act justly with mercy in all my work relationships.** Teach me to seek what is right while showing compassion and humility. Guard me from harshness and those who judge too quickly. May Your balance of justice and mercy guide all my decisions and interactions. In Jesus' name, Amen. ⚖️ 🙏





## Day 12: ✂ Building Trust Daily



## Your Verse

*Proverbs 3:3 - "Let love and faithfulness never leave you; bind them around your neck, write them on the tablet of your heart."*

## Supporting Scriptures

- *1 Corinthians 13:7 - "Love always protects, always trusts, always hopes, always perseveres."*
- *Psalms 34:13 - "Whoever would love life and see good days must keep their tongue from evil and their lips from deceitful speech."*





Day 12: ✂ Building Trust Daily

## Devotional: Consistency Cultivates Trust and Unity

**Trust is the foundation of peaceful, productive workplace relationships.** Proverbs urges us to let love and faithfulness be constants in our lives and hearts. Trust isn't built overnight but through consistent, honest, and loving interactions.

*1 Corinthians describes love as trusting and persevering, showing that trust requires commitment. Psalm 34 calls us to guard our speech carefully, avoiding lies or gossip that destroy trust.*

Consider how your words and actions have built or broken trust at work. Aim to build trust by being reliable, truthful, and loving. This creates a space where conflicts are less likely to arise and easier to resolve when they do.



## Reflect and Apply

1. How trustworthy do coworkers perceive you to be?

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2. Are there habits or words that undermine trust in your relationships?

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3. What steps can you take to strengthen trust today?

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# Journaling Prompts

1. Identify ways you can demonstrate faithfulness and love at work.

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2. Write about a time when trust restored peace in a conflict.

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3. Pray to be a trustworthy and loving coworker—journal your prayer.

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Day 12: ✂ Building Trust Daily

## Prayer for Today

**Lord, help me to be trustworthy and faithful in all my words and actions. May love guide my interactions so that trust grows and peace flourishes. Guard my speech from deceit and gossip, and teach me to persevere in love with everyone around me. In Jesus' name, Amen.** ✂ ❤️ 🙏💖





## Day 13: ✨ Reflecting Christ in Your Attitude



Day 13: ✨ Reflecting Christ in Your Attitude

## Your Verse

*Colossians 3:23 – "Whatever you do, work at it with all your heart, as working for the Lord."*

## Supporting Scriptures

- *Ephesians 6:7 – "Serve wholeheartedly, as if you were serving the Lord, not people."*
- *1 Peter 2:12 – "Live such good lives among the pagans that, though they accuse you of wrongdoing, they may see your good deeds."*



Day 13: ✨ Reflecting Christ in Your Attitude

## Devotional: Attitude as a Reflection of Christ

**Your attitude shapes your witness and influence in the workplace.** Colossians challenges us to work wholeheartedly as if serving the Lord, not merely human bosses. This mindset brings purpose and peace even amid difficult conflicts.

*Ephesians 6:7 and 1 Peter 2:12* reinforce that our service to others reflects Jesus, drawing attention not to faults but to God's goodness.

In conflicts, maintain a Christlike attitude marked by patience, kindness, and a willingness to forgive. Your example becomes a beacon, encouraging peace and respect among coworkers, even skeptics.



## Reflect and Apply

1. How does your attitude influence others at work?

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2. Are there attitudes you need to surrender to God today?

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3. How can reflecting Christ's character impact workplace conflicts?

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# Journaling Prompts

1. Write about ways to work 'as to the Lord' in your daily duties.

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2. Reflect on moments when your attitude helped or hurt peace.

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3. Pray to adopt a Christlike attitude consistently—journal your prayer.

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Day 13: ✨ Reflecting Christ in Your Attitude

## Prayer for Today

**Jesus, help me to reflect Your heart and attitude in all I do at work.** Teach me to serve wholeheartedly, embracing challenges with patience and love. May my attitude honor You and draw others toward peace and grace. Empower me to be a light in every conflict. In Your holy name, Amen. ✨ 🙏 ❤️ 💼





## Day 14: Speaking Truth in Love



## Your Verse

*Ephesians 4:15 - "Instead, speaking the truth in love, we will grow to become in every respect the mature body of Him."*

## Supporting Scriptures

- *Proverbs 27:5 - "Better is open rebuke than hidden love."*
- *John 8:32 - "Then you will know the truth, and the truth will set you free."*



## Devotional: Honest Words Wrapped in Love Heal

**Speaking truth is necessary but must be done with love.** Ephesians 4:15 points us towards maturity in the body of Christ—forwarding honest communication knit with compassion.

*Proverbs shows that kindly confronting issues is better than silent avoidance, and Jesus reminds us that truth liberates.*

In the workplace, difficult conversations may be required to resolve conflict. Approach these with a heart full of love and respect, focusing on building up rather than tearing down. When done well, truth spoken in love promotes healing and growth.



## Reflect and Apply

1. When have you spoken truth lovingly, and what was the result?

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2. How do you ensure your honest feedback honors others?

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3. What fears keep you from speaking truth in love?

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# Journaling Prompts

1. Identify an area where honest communication is needed at work.

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2. Write phrases to express truth with gentleness and respect.

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3. Pray for courage and love to speak truth effectively.

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Day 14: 🗣️ Speaking Truth in Love

## Prayer for Today

**Father, grant me the wisdom to speak truth in love in all my relationships. Help me confront issues with kindness and clarity, seeking restoration and growth. Remove fear and pride that hinder honest communication. Use my words to build up and bring peace. In Jesus' name, Amen.** 🗣️ ❤️ 🙏 🤝







## Day 15: Managing Anger God's Way



## Your Verse

*Ephesians 4:26 - "In your anger do not sin: Do not let the sun go down while you are still angry."*

## Supporting Scriptures

- *Proverbs 29:11 - "Fools give full vent to their rage, but the wise bring calm in the end."*
- *James 1:20 - "Human anger does not produce the righteousness that God desires."*



## Devotional: Managing Anger with God's Grace

**Anger is natural but must be managed righteously.** Ephesians 4:26 shows that being angry isn't sin, but sin occurs when anger is mishandled. Holding onto anger too long can poison relationships and your peace.

*Proverbs contrasts foolish venting with wise calming, and James warns that human anger often leads away from God's righteousness.*

In the workplace, respond to triggers calmly and promptly resolve conflicts before anger festers. Seek God's help to channel your emotions constructively, maintaining dignity and peace.



## Reflect and Apply

1. How do you typically respond when anger arises at work?

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2. What strategies help you calm down before addressing conflict?

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3. Are there unresolved angers you need to address or release?

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# Journaling Prompts

1. Write about a time you managed anger well or poorly.

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2. List steps to help you control anger in conflict situations.

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3. Pray for God's peace to master your emotions—journal your prayer.

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Day 15: 🛑 Managing Anger God's Way

## Prayer for Today

**Lord, teach me to handle anger in a way that honors You.** Help me to avoid sinning in my anger and to resolve conflicts quickly. Fill me with Your peace that calms my spirit and guides my responses. May I reflect Your righteousness, not human anger, in every situation. In Jesus' name, Amen. 🛑





## Day 16: 🙌 Serving Others to Overcome Conflict



## Your Verse

*Galatians 5:13 – "Serve one another humbly in love."*

## Supporting Scriptures

- *John 13:14 – "Now that I, your Lord and Teacher, have washed your feet, you also should wash one another's feet."*
- *Philippians 2:4 – "Look not only to your own interests, but also to the interests of others."*





## Devotional: Humility in Serving Bridges Differences

**Serving others is a powerful way to diffuse workplace tensions.** Galatians calls us to humble, loving service, reflecting Jesus' example in John when He washed His disciples' feet.

*Philippians expands this by encouraging us to consider others' interests as well as our own.*

In conflicts, ask yourself: how can I serve my coworker rather than compete? Acts of kindness and assistance build goodwill and soften hearts. Serving positions you as a peacemaker and fosters collaborative relationships.



## Reflect and Apply

1. How often do you intentionally serve coworkers, especially those difficult to work with?

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2. What barriers keep you from serving others in conflict?

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3. How does serving change your perspective on workplace challenges?

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# Journaling Prompts

1. Identify ways to serve someone at work this week.

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2. Write how serving others has changed a relationship.

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3. Pray for a servant's heart to overcome conflict—journal your prayer.

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Day 16: 🙌 Serving Others to Overcome Conflict

## Prayer for Today

**Jesus, help me to serve others selflessly and humbly.** Fill me with Your love that seeks to uplift and support coworkers, even amid conflict. Teach me to put others' needs ahead of my own and to follow Your example of servant leadership. In Your name, Amen. 🙌 ❤️ 🙏 ✍️





## Day 17: Patience in Long-Term Peacebuilding



## Your Verse

*Romans 8:25 - "But if we hope for what we do not yet have, we wait for it patiently."*

## Supporting Scriptures

- *Hebrews 10:36 - "You need to persevere so that when you have done the will of God, you will receive what He has promised."*
- *James 1:4 - "Let perseverance finish its work so that you may be mature and complete."*



## Devotional: Endurance is Key to Peaceful Workplaces

**Peace in the workplace often requires ongoing effort and patience.** Romans reminds us that hope sustains us as we wait patiently for results that may not come immediately.

*Hebrews and James underline the necessity of perseverance and completing the process God has set for growth.*

Conflict resolution can be a long journey filled with setbacks and progress. Keep trusting God's timing and remain committed to His will. This endurance matures you spiritually and builds lasting peace grounded in God's promises.



## Reflect and Apply

1. Are you growing weary in pursuing peace at work?

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2. How can patience and perseverance shape your approach to conflict?

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3. What promises from God encourage you to continue striving for peace?

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Day 17:  Patience in Long-Term Peacebuilding

## Journaling Prompts

1. Write about a conflict that required long-term patience.

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2. List ways to persevere without losing hope or joy.

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3. Pray for endurance and maturity in your peacebuilding efforts.

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Day 17: 📅 Patience in Long-Term Peacebuilding

## Prayer for Today

**Father, grant me patience as I pursue peace in difficult work situations. Help me to persevere faithfully, trusting Your promises even when I don't see immediate results. Mature my character through every challenge and make me an instrument of Your lasting peace. In Jesus' name, Amen.** 📅 🙏 🕊️ 🌱





## Day 18: Focusing on What Unites Us



## Your Verse

*Ephesians 4:3 - "Make every effort to keep the unity of the Spirit through the bond of peace."*

## Supporting Scriptures

- *Philippians 2:2 - "Be like-minded, having the same love, being one in spirit and purpose."*
- *Romans 15:5 - "May the God who gives endurance and encouragement give you the same attitude of mind toward each other."*



## Devotional: Unity Strengthens and Sustains Relationships

Unity is a goal worth striving for in every workplace. Ephesians urges us to make every effort to preserve the Spirit's peace and unity. Differences and conflicts can distract and divide, but focusing on shared goals and values brings harmony.

*Philippians calls us to be unified in love and purpose, and Romans prays for God to cultivate an encouraging, enduring spirit between us.*

When faced with disagreements, intentionally look for common ground and shared objectives. This perspective reduces friction and promotes teamwork, reflecting God's design for community.



## Reflect and Apply

1. What common goals unite you and your coworkers despite conflicts?

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2. How can focusing on unity improve your work environment?

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3. What steps can you take today to encourage collaboration?

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Day 18:  Focusing on What Unites Us

## Journaling Prompts

1. Write about shared values that can bridge workplace divides.

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2. List practical ways to foster unity in your team.

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3. Pray for God to create unity and peace among coworkers.

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Day 18: 🎯 Focusing on What Unites Us

## Prayer for Today

**Lord, help me to prioritize unity and peace in all my workplace relationships. Enable me to see beyond differences and embrace shared purpose. Fill me with Your Spirit's bond of peace that works through me to encourage and uplift others. May our unity glorify Your name. In Jesus' name, Amen.** 🎯👉







## Day 19: Letting Go and Moving Forward



Day 19: 🏔️ Letting Go and Moving Forward

## Your Verse

*Isaiah 43:18-19 - "Forget the former things; do not dwell on the past. See, I am doing a new thing!"*

## Supporting Scriptures

- *Philippians 3:13 - "Forgetting what is behind and straining toward what is ahead."*
- *2 Corinthians 5:17 - "If anyone is in Christ, the new creation has come."*



Day 19: 🏔️ Letting Go and Moving Forward

## Devotional: New Beginnings Heal Old Wounds

**Sometimes resolution means letting go of past wounds and choosing a fresh start.** Isaiah encourages us not to dwell on former hurts but look forward to what God is doing anew. Clinging to past offenses keeps us stuck and bitter.

*Paul agrees in Philippians that pressing forward is key, and 2 Corinthians affirms that newness in Christ transforms us entirely.*

In your workplace conflicts, ask God for the grace to release grudges and embrace new beginnings. Let His transformative power renew your heart and relationships, opening the way to lasting peace.



Day 19: 🏔️ Letting Go and Moving Forward

## Reflect and Apply

1. Are there past conflicts or offenses you need to release?

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2. How might embracing God's new work bring healing?

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3. What steps can help you move forward without bitterness?

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Day 19: 🏔️ Letting Go and Moving Forward

## Journaling Prompts

1. Write about a past workplace hurt you're ready to let go.

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2. Describe what 'new beginnings' look like in your context.

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3. Pray for God's healing and renewal in your relationships.

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Day 19: 🏔️ Letting Go and Moving Forward

## Prayer for Today

**God, help me to forget past hurts and embrace the new things You are doing.**  
 Heal wounds that keep me from peace and restore broken relationships.  
 Transform me into a new creation that reflects Your grace and hope. Renew  
 my heart and move me forward in freedom and joy. In Jesus' name, Amen. 🏔️





## Day 20: 🌻 Cultivating a Joyful Work Environment



Day 20: 🌻 Cultivating a Joyful Work Environment

## Your Verse

*Nehemiah 8:10 - "The joy of the Lord is your strength."*

## Supporting Scriptures

- *Philippians 4:4 - "Rejoice in the Lord always. I will say it again: Rejoice!"*
- *Psalms 16:11 - "In Your presence there is fullness of joy."*





Day 20: 🌻 Cultivating a Joyful Work Environment

## Devotional: Joy Strengthens and Transforms Conflict

**Joy is a powerful antidote to workplace stress and conflict.** Nehemiah reminds us that the joy of the Lord strengthens us amid challenges. Maintaining joy allows us to face difficulties with hope and resilience.

*Paul calls us to rejoice always, and the Psalmist declares that true joy comes from God's presence.*

Seek ways to cultivate joy through gratitude, worship, and fellowship. A joyful spirit softens hearts, breaks tension, and creates an inviting work climate where peace can flourish.



## Reflect and Apply

1. How does joy influence your attitude during difficult workdays?

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2. What practices help you maintain joy in stressful times?

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3. How might you spread joy and encouragement among coworkers?

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# Journaling Prompts

1. List blessings and reasons to rejoice at work.

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2. Write about a joyful moment that helped you overcome conflict.

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3. Pray for joy to fill and strengthen your workplace heart.

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Day 20: 🌻 Cultivating a Joyful Work Environment

## Prayer for Today

**Lord, fill me with Your joy that sustains and strengthens me.** Help me to rejoice despite challenges and to be a source of encouragement to others. May Your presence bring fullness of joy that transforms conflicts into opportunities for peace. In Jesus' name, Amen. 🌻 🙏 🎉 🕊





## Day 21: ✨ Celebrating Peace and New Growth



Day 21: ✨ Celebrating Peace and New Growth

## Your Verse

*John 14:27 – "Peace I leave with you; my peace I give you."*

## Supporting Scriptures

- *Romans 15:13 – "May the God of hope fill you with all joy and peace as you trust in Him."*
- *2 Thessalonians 3:16 – "Now may the Lord of peace Himself give you peace at all times."*



Day 21: ✨ Celebrating Peace and New Growth

## Devotional: Walking Forward in God's Lasting Peace

**As this 21-day journey concludes, celebrate the peace God has cultivated in your heart and workplace.** Jesus promises a peace unlike any other—a lasting tranquility that anchors us in every trial.

*Paul prays for joy and peace to abound as we trust God, and encourages us to receive His peace continually.*

Reflect on how God has worked in your attitudes, actions, and relationships. Commit to walking forward as a peacemaker, a beacon of Christ's love in your workplace. Trust that His peace will continue to grow and transform every challenge into an opportunity for witness and unity.



Day 21: ✨ Celebrating Peace and New Growth

## Reflect and Apply

1. How has your understanding of conflict and peace changed during this study?

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2. What practical ways will you continue to be a peacemaker at work?

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3. How can you depend on God's peace amid future challenges?

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# Journaling Prompts

1. Write a summary of your growth over the last 21 days.

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2. Plan specific actions to maintain peace and honor God at work.

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3. Pray a prayer of gratitude and commitment—journal your prayer.

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Day 21: ✨ Celebrating Peace and New Growth

## Prayer for Today

**Jesus, thank You for Your peace that fills and sustains me.** As I conclude this study, help me continue walking in Your peace, reflecting Your love and grace in all my workplace relationships. Empower me to be a peacemaker, shining Your light into every conflict and challenge. Keep me grounded, hopeful, and joyful as I serve You daily. In Your precious name, Amen. ✨🙌🙏❤️





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