



# Women Embracing Peace in the Pace of Life



A 7-day journey for women to find peace by  
embracing slowness and intentional rhythms in a  
busy world.

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## Introduction

Welcome to your 7-day Bible study journey focused on finding peace amidst the busyness of life. In the modern world, women often carry many roles—whether in family, work, or community—that create fast-paced rhythms leaving little room for rest. This study invites you to embrace slowness and intentional living through God’s Word, discovering how to bring peace and calm into your daily walk.

*Throughout these seven days, you will explore Scripture that honors your unique calling and encourages a gentle pace where God’s presence leads your steps.* From Hannah’s patient faith to Mary’s reflective heart, Scripture offers examples of women who found peace not in frantic action, but through trust and purposeful rest. As you engage with each day’s passage and devotional, let your heart open to God’s grace and wisdom.

True peace is not just about managing time but surrendering control and learning to enjoy **intentional rhythms** that rejuvenate mind, body, and spirit. This study offers a sacred pause—an opportunity to lean into God’s promises and learn that His timing and presence are always perfect, no matter the pace of life.

May this time be deeply encouraging and transformational. Your pace is part of your unique story, and God is with you every step.





## Day 1: Trusting God's Timing



Day 1: 🌸 Trusting God's Timing

## Your Verse

*Ecclesiastes 3:1 – "There is a time for everything, and a season for every activity under the heavens."*

## Supporting Scriptures

- *Psalm 46:10 – "Be still, and know that I am God."*
- *Isaiah 40:31 – "But those who hope in the LORD will renew their strength."*



Day 1: 🌸 Trusting God's Timing

## Devotional: Embracing God's Perfect Timing

Life's pace often feels overwhelming, especially when we want things to happen quickly. Ecclesiastes 3:1 reminds us that life is marked by different seasons, each with a unique timing set by God. For women juggling many responsibilities, it's natural to feel impatient, but the Bible encourages a posture of trust.

*Being still before God*—as Psalm 46:10 says—helps us silence the noise of rushing and step into peace. Trusting God's timing means believing that every part of life's journey has purpose, even moments of waiting or rest.

Rather than striving to control every moment, this day invites you to surrender the urge to rush and find peace in God's sovereignty. Like Isaiah 40:31 promises, those who wait on the Lord will find renewed strength, enabling a pace that is sustainable and life-giving.

Today, reflect on where you might be rushing unnecessarily. How can you lean into God's timing and embrace the pace He sets for you?



Day 1: 🌸 Trusting God's Timing

## Reflect and Apply

1. Where do I feel most pressured to hurry in my life?

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2. How can trusting God's timing bring peace to my daily rhythms?

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3. What does 'being still' look like for me in a busy season?

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Day 1:  Trusting God's Timing

## Journaling Prompts

1. Write about a season in life where God's timing surprised you.

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2. Describe what 'being still' means in your current context.

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3. List ways you can slow down intentionally this week.

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Day 1: 🌸 Trusting God's Timing

## Prayer for Today

**Dear Lord**, today I choose to trust Your perfect timing over my impatience. Help me to be still before You and find peace in the pace You set. Renew my strength when I feel weary and guide me to walk in intentional rhythms that honor You. Let me embrace rest without guilt and remember that Your timing is always good. Thank You for Your faithfulness every day. *In Jesus' name, Amen.* 🙏 🌸 ⌚





## Day 2: Choosing Rest and Reflection



Day 2: 🌿 Choosing Rest and Reflection

## Your Verse

*Mark 6:31 – "Come with me by yourselves to a quiet place and get some rest."*

## Supporting Scriptures

- *Psalm 23:2 – "He makes me lie down in green pastures, he leads me beside quiet waters."*
- *Matthew 11:28 – "Come to me, all you who are weary and burdened, and I will give you rest."*



Day 2: 🌿 Choosing Rest and Reflection

## Devotional: The Gift of Intentional Rest

**In today's culture, rest is often viewed as unproductive or even selfish.** Yet Jesus modeled the importance of intentional rest when He invited His disciples to come away and rest alone with Him. Mark 6:31 reminds us that resting is not optional but necessary for spiritual and physical renewal.

*Choosing rest is choosing trust* in God's provision and care. Psalm 23 paints a beautiful picture of God leading us to peaceful places where our souls can be refreshed beside quiet waters.

Rest offers a sacred rhythm in contrast to the rush around us. It creates space to hear God's voice, reflect on His goodness, and renew our soul's strength. Jesus' invitation in Matthew 11:28 assures us that coming to Him brings relief from burdens.

Today, consider how you can incorporate intentional moments of rest into your daily life. Let rest not be an interruption to productivity but a vital part of your pace that honors your wellbeing and relationship with God.



Day 2: 🌿 Choosing Rest and Reflection

# Reflect and Apply

1. How do I currently view rest in my life and faith?

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2. Where can I create quiet spaces to reconnect with God regularly?

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3. What burdens do I need to give to Jesus to experience His rest?

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Day 2: 🌿 Choosing Rest and Reflection

## Journaling Prompts

1. Describe a time when resting intentionally helped you feel renewed.

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2. Write how you can make space for quiet and solitude each day.

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3. Identify what keeps you from resting fully and how to overcome it.

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Day 2: 🌿 Choosing Rest and Reflection

## Prayer for Today

**Father**, teach me to value rest as You do. Help me to recognize when I need to pause and refresh my body and spirit. In moments of busyness, remind me to seek quiet places with You where I can be restored. Take my burdens and replace them with Your peace. Thank You for inviting me into Your rest.

*Amen.* 🙏 🌿 💤





## Day 3: 🌸 Reflecting Like Mary





Day 3: 🌸 Reflecting Like Mary

## Your Verse

*Luke 10:39 – "She sat at the Lord's feet listening to what he said."*

## Supporting Scriptures

- *Psalm 119:15 – "I meditate on your precepts and consider your ways."*
- *Proverbs 4:25 – "Let your eyes look straight ahead; fix your gaze directly before you."*



Day 3: 🌸 Reflecting Like Mary

## Devotional: Learning from Mary's Intentional Focus

**Mary, the sister of Martha, shows us a beautiful example of slowing down to focus on Jesus.** While her sister was busy with tasks, Mary chose to sit attentively at Jesus' feet, reflecting deeply on His words. Luke 10:39 captures this intentional posture of listening and learning.

*In a world filled with distractions and to-do lists, Mary's example reminds us that our pace needs rhythm that includes quiet attentiveness to God.* Psalm 119 encourages meditation on God's ways—a practice that nurtures spiritual growth and peace.

Proverbs 4:25 calls us to fix our gaze straight ahead, emphasizing steady focus rather than hurried distraction. By choosing to reflect and listen deliberately, we create space for God's wisdom to shape our hearts.

Today, consider adopting Mary's posture: setting aside the busyness to sit before the Lord. What distractions might you put aside to reflect more deeply on God's presence and promises?



Day 3: 🌸 Reflecting Like Mary

## Reflect and Apply

1. What statements or distractions pull me away from focusing on Jesus daily?

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2. How can I create intentional space for listening to God's voice?

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3. What benefits do I notice when I slow down and meditate on Scripture?

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Day 3: 🌸 Reflecting Like Mary

## Journaling Prompts

1. Recall a moment like Mary's when you paused to truly listen to God.

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2. Write about distractions that steal your focus and ways to minimize them.

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3. List Scripture verses or promises that bring you peace when meditated upon.

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Day 3: 🌸 Reflecting Like Mary

## Prayer for Today

**Jesus**, teach me to sit at Your feet with intention, to listen deeply to Your words amidst life's noise. Help me fix my gaze on You and find peace in reflection. Calm my distracted heart and lead me into deeper understanding and rest. I long to embrace Your rhythm. *Amen.* 🕯️ 📖 💙





## Day 4: 🌸 Peace in Surrendering Control



Day 4: 🌸 Peace in Surrendering Control

## 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 minds."*

## Supporting Scriptures

- *1 Peter 5:7 – "Cast all your anxiety on him because he cares for you."*
- *Matthew 6:34 – "Therefore do not worry about tomorrow."*



Day 4: 🌸 Peace in Surrendering Control

## Devotional: Finding Peace Through Surrender

**Women often bear the weight of many responsibilities, leading to anxiety and a frantic pace.** Philippians 4:6 invites us to bring every worry to God in prayer, promising that His peace will guard our hearts and minds.

*Surrendering control is a powerful act of faith,* releasing the illusions of self-reliance and embracing God's care. 1 Peter 5:7 reminds us to cast anxieties on Him because He genuinely cares.

Matthew 6:34 encourages not to be consumed by concerns for the future, but to focus on today's grace. Living with intentional rhythms means trusting God moment by moment.

Embracing peace requires surrender—a letting go of the impossible effort to manage everything. Instead, we hold life lightly, knowing that God leads with unfailing love.

Today, reflect on areas you struggle to surrender and invite God's peace to dwell deeply within you.





Day 4: 🌸 Peace in Surrendering Control

## Reflect and Apply

1. What worries do I cling to instead of surrendering to God?

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2. How does anxiety affect my pace and peace of life?

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3. In what practical ways can I give my burdens more fully to God?

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Day 4: 🌸 Peace in Surrendering Control

## Journaling Prompts

1. Write about a time when surrendering control brought unexpected peace.

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2. List anxieties you can cast on God through prayer today.

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3. Describe how God's peace feels when it guards your heart.

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Day 4: 🌸 Peace in Surrendering Control

## Prayer for Today

**God of peace**, help me surrender my worries to You fully. Teach me to release control and trust You with every detail of my life. Calm my anxious heart and fill me with Your peace that guards my soul. I choose to walk intentionally, leaning on Your steadfast love and grace. *Amen.* 💖👉🙏





## Day 5: 🌻 Strength in Stillness



Day 5: 🌸 Strength in Stillness

## Your Verse

*Zechariah 4:10 – "Do not despise these small beginnings..."*

## Supporting Scriptures

- *Isaiah 30:15 – "In quietness and trust is your strength."*
- *Psalms 62:5 – "Find rest, O my soul, in God alone; my hope comes from him."*



Day 5: 🌸 Strength in Stillness

## Devotional: Small Beginnings and Quiet Strength

**Patience is often required in slow or small beginnings, especially when results seem delayed.** Zechariah 4:10 encourages us not to despise these moments but to recognize their significance in God's plan.

*Stillness and trust form the foundation of true strength*, as Isaiah 30:15 reminds us. This quiet strength fuels perseverance through seasons of waiting or minimal progress.

Psalm 62 exhorts us to find rest and hope in God alone, reinforcing that our soul's strength comes from Him, not our own efforts or speed.

For women juggling many roles, learning to value small steps and trusting God's unfolding process is key. These intentional rhythms of stillness build lasting peace and resilience.

Today, embrace the small moments and find strength in quiet trust, knowing God is at work behind the scenes.



Day 5: 🌸 Strength in Stillness

## Reflect and Apply

1. How do I respond to seasons of ‘small beginnings’ or slow progress?

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2. What does quiet trust look like in my current season?

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3. Where can I find rest and hope in God amid life’s pressures?

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Day 5: 🌻 Strength in Stillness

## Journaling Prompts

1. Write about small beginnings you've experienced that grew over time.

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2. Describe how practicing stillness has strengthened you before.

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3. List practical ways to cultivate quiet trust this week.

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Day 5: 🌸 Strength in Stillness

## Prayer for Today

**Lord**, teach me to embrace the small and quiet moments with faith. Help me to find strength through trust and stillness, knowing You are working even when I cannot see. Lift my soul to rest fully in You; let hope rise within me for all that is to come. *In Jesus' name, Amen.* 🌱 🙏 🌟





## Day 6: 🌻 Serving with Grace and Pace



Day 6: 🌻 Serving with Grace and Pace

## Your Verse

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

## Supporting Scriptures

- *Galatians 6:9 – "Let us not become weary in doing good."*
- *Romans 12:11 – "Never be lacking in zeal, but keep your spiritual fervor, serving the Lord."*



Day 6: 🌻 Serving with Grace and Pace

## Devotional: Serving God in Intentional Rhythm

**Serving others is a vital part of a woman's calling, but it can sometimes push us into fast, relentless rhythms.** Colossians 3:23 invites us to serve wholeheartedly, but also with the awareness that our work is ultimately for the Lord alone.

*Galatians 6:9 encourages not to grow weary, which means pacing ourselves to sustain perseverance.* Romans 12:11 reminds us to maintain zeal, but balance it with wisdom so that service honors God without draining us.

Intentional rhythms in service mean recognizing limits, embracing rest, and praying for strength. When our pace aligns with God's grace, our service reflects His love more fully.

Today, reflect on how your pace in service impacts your peace and effectiveness. What rhythms can you adopt to serve with both passion and rest?



Day 6: 🌻 Serving with Grace and Pace

## Reflect and Apply

1. How do I maintain balance between serving others and caring for myself?

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2. Where might I be pushing too fast or neglecting rest in my service?

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3. How can I keep my heart focused on serving God alone through my work?

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Day 6: 🌻 Serving with Grace and Pace

## Journaling Prompts

1. Write about a service experience where resting helped you serve better.

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2. List ways to pace your commitments for sustainable service.

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3. Reflect on how your service brings you closer to God.

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Day 6: 🌻 Serving with Grace and Pace

## Prayer for Today

**Lord Jesus**, help me serve You and others with all my heart while honoring the pace You call me to. Guard me from weariness and teach me to balance zeal with rest. May every act of service shine Your love and grace. Renew my strength daily. *Amen.* ❤️ 🙏 🌿





## Day 7: 🌹 Embracing Peace for the Journey





## 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 – "The Lord of peace himself give you peace at all times."*



Day 7: 🌹 Embracing Peace for the Journey

## Devotional: Carrying God's Peace Forward

**As this study concludes, let the profound peace Jesus offers fill your heart fully.** John 14:27 is a beautiful promise that His peace is not like the world's, but deep, sustaining calm in every circumstance.

*Romans 15:13 promises joy and peace as we put our trust in God's hope.* And 2 Thessalonians 3:16 assures us that the Lord of peace guards our hearts continuously.

Embracing slowness and intentional rhythms is a lifelong journey, but one rooted in the ongoing gift of God's peace. You are invited to walk gently forward each day, carrying this peace into all areas of your life.

May you continue to find strength in stillness, rest in His care, and joy in purposeful living. Remember: your pace is a sacred part of your story, perfectly held in God's hands.



## Reflect and Apply

1. How can I continue embracing God's peace amid life's challenges?

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2. In what ways has this study changed my view on pace and rest?

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3. What practical steps will I take to live with intentional rhythms going forward?

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## Day 7: 🌹 Embracing Peace for the Journey

# Journaling Prompts

1. Write your personal commitment to embracing peace in daily life.

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2. List the blessings you have received by slowing your pace.

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3. Describe how you will share this peace with others around you.

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Day 7: 🌹 Embracing Peace for the Journey

## Prayer for Today

**Father God**, thank You for filling me with Your peace that transcends understanding. As I move forward, help me to carry this peace in my heart daily. Guide my steps in intentional rhythms and remind me that Your presence supports me always. May Your joy and hope overflow in my life.

*Amen.* 🌹 🕊️ 🙏 ❤️





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