



Women Walking in Peace and Wisdom



A 7-day study empowering women to respond biblically to gossip and drama, embracing peace and speaking with godly wisdom.



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Introduction

Welcome to this 7-day journey crafted to uplift and empower women seeking to respond biblically to gossip and drama. In a world where words can heal or hurt, each of us faces moments where our speech and reactions shape relationships and our own peace of mind. This study invites you to explore Scripture with fresh eyes and open hearts to cultivate a spirit of peace and wisdom.

Gossip can be a silent poison, spreading discord and mistrust among friends, family, and communities. Yet, God's Word offers us clear guidance on guarding our tongues, walking humbly, and embracing peace in the face of controversy. You will discover how God's wisdom, especially as given through the book of Proverbs, teaches us to respond thoughtfully and lovingly rather than reacting impulsively or hurtfully.

Throughout this study, you'll be encouraged to see your value and role as a woman of God who brings peace where there might be drama, who speaks life rather than strife, and who models Christ-like behavior in every conversation. Each day's devotional will offer you Scripture, reflections, and practical application, along with prayer, to equip you to live confidently with grace and truth.

May this time of study renew your heart, affirm your God-given identity, and fill you with the courage to shine light in dark places through the power of your words.





Day 1: Guarding Your Tongue



Day 1: 🌿 Guarding Your Tongue

Your Verse

Proverbs 21:23 - "Those who guard their mouths and their tongues keep themselves from calamity."

Supporting Scriptures

- *James 1:19 - "Everyone should be quick to listen, slow to speak and slow to become angry."*
- *Ephesians 4:29 - "Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up..."*



Day 1: 🌿 Guarding Your Tongue

Devotional: The Power of Guarding Your Tongue

Our words have incredible power. Proverbs 21:23 reminds us that guarding our tongues isn't just about politeness — it's about protecting our hearts and lives from harm. Gossip and drama often start with careless speech or unkind rumors. By choosing silence or wise words, we avoid destruction that can come from slander or negativity.

James encourages us to be quick listeners and slow speakers. When situations of gossip arise, pause and reflect before reacting. Ask yourself: Is what I am about to say truthful? Is it necessary? Will it build others up? When in doubt, choose peace over contributing to discord.

Women have a unique influence in communities and families. Your words can sow peace, encouragement, and healing, or they can breed resentment and chaos. Let this be a day when you commit to intentionally guard your tongue, speak life, and walk in God's peace.



Day 1: 🌿 Guarding Your Tongue

Reflect and Apply

1. In what situations do I find myself most tempted to gossip or stir drama?

2. How can I intentionally practice being quick to listen and slow to speak today?

3. Who can I encourage in my life through uplifting words this week?



Day 1: 🌿 Guarding Your Tongue

Journaling Prompts

1. Write about a time when your words brought peace rather than conflict.

2. List three practical ways to guard your tongue in difficult conversations.

3. Describe how God's wisdom can guide your speech during stressful moments.



Day 1: 🌿 Guarding Your Tongue

Prayer for Today

Father, thank You for the gift of Your Word that guides my speech. Help me to be mindful of my words, to guard my tongue, and to speak with wisdom and grace. When temptation to gossip or contribute to drama comes, give me strength and peace to respond with love and integrity. May my words today build up and encourage those around me. In Jesus' name, amen. 🙏 💬 🌿





Day 2: Embracing Peace Amidst Drama



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 4:6-7 - "Do not be anxious about anything, but in every situation, by prayer and petition... the peace of God, which transcends all understanding, will guard your hearts and minds."*
- *Colossians 3:15 - "Let the peace of Christ rule in your hearts..."*



Devotional: Finding Christ's Peace in Troubled Times

Drama can stir emotions, fears, and unrest in our hearts—yet Jesus offers us a peace unlike the world's. The peace He gives doesn't depend on circumstances but rests on His constant presence and power. When gossip or conflict threatens to unsettle you, draw deeply from His peace.

Philippians reminds us that prayer is the pathway to peace. By turning anxiety over to God and seeking His provision, our hearts and minds are guarded, like a fortress against turmoil. This kind of peace enables us to respond calmly rather than react emotionally.

Allow Christ's peace to be your foundation today. When you face gossip or drama, breathe in His tranquility. Let His peace rule your heart and spill out into your words and actions. Walking in peace doesn't mean ignoring problems, but trusting God to manage them through you with wisdom and grace.



Reflect and Apply

1. How do I normally react when drama or gossip arises?

2. What specific steps can I take today to invite God's peace into my heart?

3. In what ways can walking in peace influence those around me?



Journaling Prompts

1. Describe a moment when God's peace calmed your anxious heart.

2. Write a prayer surrendering your worries about conflict to God.

3. List practical habits that help you maintain peace daily.



Prayer for Today

Lord Jesus, thank You for the peace You freely give. When I am tempted to be caught up in drama or gossip, remind me to rest in Your calm presence. Help me to release anxiety and trust in Your perfect control. Rule my heart so I may walk in peace and share that peace with others today and always. Amen. 🕊





Day 3: 💡 Speaking Wisdom, Not Words of Foolishness



Day 3: 💡 Speaking Wisdom, Not Words of Foolishness

Your Verse

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

Supporting Scriptures

- *James 3:17 - "But the wisdom from above is first pure; then peace-loving, considerate, submissive, full of mercy and good fruit..."*
- *Proverbs 16:24 - "Gracious words are a honeycomb, sweet to the soul and healing to the bones."*



Day 3: 💡 Speaking Wisdom, Not Words of Foolishness

Devotional: The Healing Power of Gentle Words

How do your words shape the atmosphere around you? Proverbs 15:1 offers timeless wisdom about the power of a gentle answer. Gossip and drama often flare up when harsh or careless words stir anger and division.

Godly wisdom calls us to be peace-loving and full of mercy, qualities that temper our speech even in tough situations. When you choose your words with grace and kindness, you not only diffuse tension but build bridges where walls might have gone up.

Women have a beautiful opportunity to model this kind of wisdom in everyday conversations. A gentle and gracious response can transform conflicts into moments of healing and restore relationships fractured by gossip or misunderstanding. Let today be a commitment to speak with the wisdom God provides and avoid the traps of foolish words.



Reflect and Apply

1. When have my words either calmed or escalated a difficult situation?

2. How can I cultivate wisdom so my speech reflects God's character?

3. What does it look like to be peace-loving and considerate in conversation?



Journaling Prompts

1. Recall a recent conversation: how could I have spoken more gently?

2. List qualities of godly wisdom I want to grow in my speech.

3. Write a prayer asking God for help to answer gently under pressure.



Day 3: 💡 Speaking Wisdom, Not Words of Foolishness

Prayer for Today

Gracious Father, thank You for Your perfect wisdom. Teach me to answer gently and speak words that heal. Help me to reflect Your mercy and kindness in every conversation. Guard my tongue against harshness and help me to be a channel of peace and grace. Fill me with Your wisdom today. Amen. 💡 🙏





Day 4: Standing Firm Against Gossip



Your Verse

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

Supporting Scriptures

- *Proverbs 26:20 - "Without wood a fire goes out; without a gossip a quarrel dies down."*
- *Psalms 34:13 - "Keep your tongue from evil and your lips from telling lies."*



Devotional: Choosing Kindness Over Gossip

Gossip is destructive and can poison relationships if left unchecked. It feeds on bitterness, rage, and anger, which Ephesians urges us to remove from our lives. By choosing kindness, compassion, and forgiveness, we stand firm against the temptation to engage in gossip.

Proverbs points out that gossip is like fuel to a fire — remove the spark, and the conflict dies down. This means you have power to stop gossip's spread by refusing to participate or add to it.

As women walking in faith, we are called to be peacemakers and restorers. This means actively choosing to kind words and forgiving hearts, even when it is difficult. It's not ignoring hurt but responding with courage and godly integrity.



Reflect and Apply

1. What negative feelings fuel gossip in my environments?

2. How can I practically reject gossip in my relationships?

3. Who needs my compassionate and forgiving attitude today?



Journaling Prompts

1. Write about a situation where kindness overcame conflict.

2. Make a list of ways to compassionately confront gossip.

3. Pray for those caught in gossip and ask God for strength to forgive.



Day 4: 🛡️ Standing Firm Against Gossip

Prayer for Today

Lord, I ask for Your help to remove bitterness and anger from my life.
Strengthen me to refuse participation in gossip and instead foster kindness and forgiveness. Help me to be a peacemaker who radiates Your love and harmony. Guard my heart and tongue today, that I might honor You. Amen. 🛡️





Day 5: 🌸 Reflecting Christ's Character in Speech



Day 5: 🌸 Reflecting Christ's Character in Speech

Your Verse

Colossians 4:6 - "Let your conversation be always full of grace, seasoned with salt, so that you may know how to answer everyone."

Supporting Scriptures

- *1 Peter 3:10 - "Whoever would love life and see good days must keep their tongue from evil and their lips from deceitful speech."*
- *Matthew 12:36 - "...people will have to give account on the day of judgment for every empty word they have spoken."*



Day 5: 🌸 Reflecting Christ's Character in Speech

Devotional: Speaking with Grace and Purpose

Our words are a reflection of our hearts and faith. Paul encourages believers to let conversations be full of grace, carefully seasoned with wisdom that attracts and edifies. When we reflect Christ's character, we become living testimonies that encourage others to seek God's love and truth.

Peter's reminder to keep the tongue from evil is a call to purity in speech, avoiding deceit and harmful gossip. Jesus also warns us about the accountability of our words, underscoring their eternal significance.

Today, ask God to help your speech mirror His kindness, truth, and grace. Let every word you speak be purposeful, building up God's kingdom and nurturing peace. This is the path to walking in wisdom and leaving a mark of love and integrity.



Reflect and Apply

1. How does my speech reflect my faith in Christ?

2. In what ways can I season my conversations with grace today?

3. What does accountability for my words mean in my daily life?



Journaling Prompts

1. Write about a moment you felt your words glorified God.

2. List ways to prepare your heart before engaging in conversations.

3. Pray for wisdom and grace to speak life and truth always.



Day 5: 🌸 Reflecting Christ's Character in Speech

Prayer for Today

Heavenly Father, fill my mouth with words that reflect Your grace and truth. Teach me to speak with kindness, wisdom, and love. Help me to be mindful of the power of my words and to use them to build up rather than tear down. May my conversations honor You and lead others closer to You. Amen. 🌸 🙏





Day 6: 🌻 Cultivating a Heart of Peace and Forgiveness



Your Verse

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

Supporting Scriptures

- *Ephesians 4:2 - "Be completely humble and gentle; be patient, bearing with one another in love."*
- *Luke 6:37 - "Forgive, and you will be forgiven."*



Day 6: 🌻 Cultivating a Heart of Peace and Forgiveness

Devotional: The Blessing of Being a Peacemaker

Being a woman who walks in peace means embracing forgiveness and humility. Jesus calls peacemakers blessed and children of God. It takes a tender and patient heart to hold onto peace even when hurt or drama arise.

Ephesians encourages humility, gentleness, and patient endurance. Practicing these qualities allows us to bear with others' weaknesses, including the temptations to gossip or spread strife.

Forgiveness is the key that unlocks peace in relationships. Holding grudges only fuels drama, but choosing to forgive refocuses our hearts on God's grace. Today, may you cultivate this heart of peace and forgiveness so your words and actions become a powerful testimony of God's love.



Reflect and Apply

1. How can I cultivate humility and patience in difficult relationships?

2. Who do I need to forgive to walk more fully in peace?

3. What steps can I take to be a better peacemaker in my circle?



Journaling Prompts

1. Write about a time when forgiveness brought peace to you.

2. Identify attitudes that hinder your peace and confess them.

3. Pray for a heart willing to forgive and foster harmony today.



Day 6: 🌻 Cultivating a Heart of Peace and Forgiveness

Prayer for Today

Lord Jesus, make me a peacemaker like You. Teach me humility, gentleness, and patience as I interact with others. Give me the grace to forgive freely and to foster peace even amid conflict. Let my heart reflect Your love and reconciliation that others might see You in me. Amen. 🌻 🙌 🙏 ❤️





Day 7: ✨ Walking Boldly in God's Wisdom



Day 7: ✨ Walking Boldly in God's Wisdom

Your Verse

Proverbs 3:5-6 - "Trust in the Lord with all your heart and lean not on your own understanding; in all your ways submit to him, and he will make your paths straight."

Supporting Scriptures

- *Psalm 119:105 - "Your word is a lamp to my feet and a light to my path."*
- *2 Timothy 1:7 - "For the Spirit God gave us does not make us timid, but gives us power, love and self-discipline."*



Day 7: ✨ Walking Boldly in God's Wisdom

Devotional: Bold Confidence Rooted in Trusting God

After this week of reflection, you are invited to walk boldly in God's wisdom. Trusting Him wholeheartedly means relinquishing the urge to rely on our own understanding, which can lead to missteps in handling gossip or drama.

God's Word lights the path ahead, guiding us toward peace and wise communication. The Spirit equips us not with timidity but with power, love, and self-discipline, essential for standing firm in truth and grace.

Embrace this confidence today: you can face difficult conversations with courage, respond to gossip with Christ-like wisdom, and walk in peace knowing God directs your steps. Your words and actions have the power to inspire, heal, and reflect the heart of God.



Reflect and Apply

1. Do I trust God fully when navigating difficult conversations?

2. How can relying on God's guidance change my responses to drama?

3. What fears hold me back from speaking with love and wisdom?



Journaling Prompts

1. Write about what trusting God looks like in your daily speech.

2. List fears or doubts you want to surrender to God's control.

3. Pray for boldness and wisdom to walk confidently in God's plans.



Day 7: ✨ Walking Boldly in God's Wisdom

Prayer for Today

Father, I choose to trust You completely today. Guide my steps and words by Your wisdom. Fill me with Your Spirit so I may speak and act with power, love, and self-discipline. Help me walk boldly as Your child, responding to every situation with peace and grace. Thank You for Your faithful guidance. In Jesus' name, amen. ✨ 🏔️ 🙏 💪





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