



## 5 Day Devotional

This five day devotional will be taking a deeper dive into the sermon from this weekend. We'll explore key themes about the importance of peace in our lives and how to protect it amidst challenges and distractions.

### Day 1

*Romans 8:35-39*

In today's devotional, we reflect on the unwavering love of Christ that sustains us through trials. Paul reminds us that nothing—be it trouble, hardship, or persecution—can sever our connection to the love of God. This passage is a powerful reminder that our peace is anchored in the assurance of His unwavering love, regardless of our circumstances.

As we navigate through the challenges of life, it's important to remember that our peace is not determined by external situations, but rather by our understanding of God's love for us. When we ground ourselves in this truth, we can approach each day with confidence and protection for our inner peace.

- What challenges are currently threatening your peace?
  - How can you better remind yourself of God's love in times of trouble?
  - In what ways can you express gratitude for the peace you have in Christ?
- 
- Pray for a deeper revelation of God's love in your life.
  - Ask God to help you identify and address the obstacles to your peace.

## Day 2

### *Philippians 4:6-7*

Today, we focus on the importance of prayer in safeguarding our peace. Paul encourages us not to be anxious, but instead to bring our requests to God. When we do so, we receive His peace, which surpasses all understanding. This divine peace is a vital tool for protecting ourselves from anxiety and fear, acts as a guard for our hearts and minds.

In moments of distress, taking time to communicate with God can help reinforce our sense of peace. It is through this act of surrender that we can truly experience the calming presence of the Holy Spirit, allowing us to move forward with clarity and assurance.

- What areas of your life are causing you anxiety right now?
  - How do you currently practice prayer and supplication in your daily routine?
  - What does experiencing God's peace mean to you personally?
- 
- Ask God to calm your anxieties as you present your worries to Him.
  - Pray for the ability to lean into God's peace in challenging situations.

## Day 3

### *Ephesians 4:26-27*

On this third day, we explore the theme of boundaries. Paul writes about the importance of managing our anger wisely, urging us not to let the sun go down on our wrath. This scripture highlights the importance of emotional boundaries in relationships and how they crucially contribute to our personal peace.

By setting healthy boundaries, we allow ourselves to engage positively with others while safeguarding our emotional well-being. Learning to express our feelings constructively ensures that we don't harbor resentment, which can disturb our peace and peace with others.

- What boundaries do you need to establish in your relationships?
  - How do you currently handle conflicts or anger?
  - Are there any past grievances you need to address to maintain your peace?
- 
- Pray for wisdom in setting healthy boundaries.
  - Ask God to help you heal from past conflicts and restore relationships.

## Day 4

*Mark 6:31*

As we enter the fourth day of our devotional, we consider the necessity of rest. Jesus teaches us the importance of withdrawing to a desolate place to re-energize. In our busy lives, we often forget to take a moment to step back from responsibilities and just breathe.

Rest is not a luxury; it is a necessary component of maintaining our mental, emotional, and spiritual health. As we reflect on this, let's commit to prioritizing intentional moments of rest, which can greatly enhance our ability to protect our peace and serve others more effectively.

- How do you currently prioritize rest in your life?
- What activities rejuvenate you and help you regain your peace?
- How can you incorporate more restful practices in your routine?
- Pray for the discipline to prioritize rest in your life.
- Ask God for guidance on finding restorative activities that fulfill you.

## Day 5

*Psalms 4:8*

On our final day, we reflect on the assurance of peace provided by God. The psalmist declares that in peace, he will lie down and sleep, for the Lord alone makes him dwell in safety. This calls us to trust fully in God's protective love and provision.

As we wrap up this devotional, let us remember that peace comes from trusting God amidst uncertainty. By relying on Him as our source of safety, we can engage in life's challenges with calmness and confidence, knowing that He is always by our side.

- When was the last time you felt completely at peace?
- What does lying down in peace look like for you?
- How can you ensure that you remain grounded in God's peace?
- Pray for a complete sense of peace as you conclude this devotional.
- Thank God for His consistent presence and protection in your life.

## 5 Day Devotional

This five day devotional will be taking a deeper dive into the sermon from this weekend. We'll explore key themes about the importance of peace in our lives and how to protect it amidst challenges and distractions.

## Day 1

*Romans 8:35-39*

In today's devotional, we reflect on the unwavering love of Christ that sustains us through trials. Paul reminds us that nothing—be it trouble, hardship, or persecution—can sever our connection to the love of God. This passage is a powerful reminder that our peace is anchored in the assurance of His unwavering love, regardless of our circumstances.

As we navigate through the challenges of life, it's important to remember that our peace is not determined by external situations, but rather by our understanding of God's love for us. When we ground ourselves in this truth, we can approach each day with confidence and protection for our inner peace.

- What challenges are currently threatening your peace?
- How can you better remind yourself of God's love in times of trouble?
- In what ways can you express gratitude for the peace you have in Christ?
- Pray for a deeper revelation of God's love in your life.
- Ask God to help you identify and address the obstacles to your peace.

## **Day 2**

*Philippians 4:6-7*

Today, we focus on the importance of prayer in safeguarding our peace. Paul encourages us not to be anxious, but instead to bring our requests to God. When we do so, we receive His peace, which surpasses all understanding. This divine peace is a vital tool for protecting ourselves from anxiety and fear, acts as a guard for our hearts and minds.

In moments of distress, taking time to communicate with God can help reinforce our sense of peace. It is through this act of surrender that we can truly experience the calming presence of the Holy Spirit, allowing us to move forward with clarity and assurance.

- What areas of your life are causing you anxiety right now?
- How do you currently practice prayer and supplication in your daily routine?
- What does experiencing God's peace mean to you personally?
- Ask God to calm your anxieties as you present your worries to Him.
- Pray for the ability to lean into God's peace in challenging situations.

## **Day 3**

*Ephesians 4:26-27*

On this third day, we explore the theme of boundaries. Paul writes about the importance of managing our anger wisely, urging us not to let the sun go down on our wrath. This scripture highlights the importance of emotional boundaries in relationships and how they crucially contribute to our personal peace.

By setting healthy boundaries, we allow ourselves to engage positively with others while safeguarding our emotional well-being. Learning to express our feelings constructively ensures that we don't harbor resentment, which can disturb our peace and peace with others.

- What boundaries do you need to establish in your relationships?
- How do you currently handle conflicts or anger?
- Are there any past grievances you need to address to maintain your peace?
- Pray for wisdom in setting healthy boundaries.
- Ask God to help you heal from past conflicts and restore relationships.

## **Day 4**

*Mark 6:31*

As we enter the fourth day of our devotional, we consider the necessity of rest. Jesus teaches us the importance of withdrawing to a desolate place to re-energize. In our busy lives, we often forget to take a moment to step back from responsibilities and just breathe.

Rest is not a luxury; it is a necessary component of maintaining our mental, emotional, and spiritual health. As we reflect on this, let's commit to prioritizing intentional moments of rest, which can greatly enhance our ability to protect our peace and serve others more effectively.

- How do you currently prioritize rest in your life?
- What activities rejuvenate you and help you regain your peace?
- How can you incorporate more restful practices in your routine?
- Pray for the discipline to prioritize rest in your life.
- Ask God for guidance on finding restorative activities that fulfill you.

## **Day 5**

*Psalm 4:8*

On our final day, we reflect on the assurance of peace provided by God. The psalmist declares that in peace, he will lie down and sleep, for the Lord alone makes him dwell in safety. This calls us to trust fully in God's protective love and provision.

As we wrap up this devotional, let us remember that peace comes from trusting God amidst uncertainty. By relying on Him as our source of safety, we can engage in life's challenges with calmness and confidence, knowing that He is always by our side.

- When was the last time you felt completely at peace?
- What does lying down in peace look like for you?
- How can you ensure that you remain grounded in God's peace?
- Pray for a complete sense of peace as you conclude this devotional.
- Thank God for His consistent presence and protection in your life.