All I Want for Christmas Is...

PEACE



RECEIVING CHRIST'S PEACE IN EVERYDAY LIFE

AN ADVENT DEVOTIONAL & GUIDED JOURNAL

December 6 - 12, 2026 • Or begin any day

PHONE EDITION / OVERCOME CHURCH

An invitation to begin

YOU CAN COME AS YOU ARE.

Christmas can promise quiet evenings and happy gatherings while our actual lives feel crowded and unsettled. We may be carrying a relentless schedule, a strained relationship, or a future we cannot predict. Underneath our holiday wishes, many of us are asking for peace: room to breathe, freedom from the pressure to manage everything, and a way to live with a steadier heart.

This week invites you to bring that real life to Jesus. We will listen to His invitation to the weary, consider Joseph's response when his plans changed, and explore biblical teaching about prayer, relationships, forgiveness, and tomorrow. Peace will take shape in ordinary choices. You do not need to begin this journey feeling calm, and you do not need to hide the places where life is difficult.

Advent means “coming.” We remember Jesus’ first coming and look forward to His return, when His restoring work will be complete. The peace He gives is rooted in who He is and in God’s reconciling work through Him. As we wait, we learn to trust His presence, receive His care, and become people who pursue peace with wisdom, courage, and love.

Peace grows as we learn to live in the care of Jesus.

BEFORE YOU BEGIN

Where do you most long for peace in this season? Name the real concern, relationship, or burden you want to bring to God.

THIS JOURNAL BELONGS TO

A daily rhythm of peace

A QUIETER PACE. A DEEPER PEACE.

Allow 15-20 minutes a day. Take longer if a question needs room. Each day has three movements; you can complete them together or return to the prayer and evening reflection later.

READ & UNDERSTAND

Pause, read the full Scripture, and explore its setting. Mark words that invite your attention.

GO DEEPER

Connect the passage to daily life. Work through the questions with honesty and curiosity.

LIVE & PRAY

Choose a practical response. Pray in your own words, then return for an evening reflection.

Your daily journey

Tap a day to begin. Use the CONTENTS link at the bottom of each page to return. Record your responses in a notes app, journal, or PDF annotation app.

01 A QUIET MIND
December 6

02 LESS HURRY
December 7

03 FREEDOM FROM CONTROL
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04 REST
December 9

05 PEACE AT HOME
December 10

06 FREEDOM FROM BITTERNESS
December 11

07 PEACE ABOUT TOMORROW
December 12

Use the daily list as a gentle record, not a scorecard. If you miss a day, return

without trying to make up for it. Readings are also suitable for a conversation with a friend or small group.

Read & understand

01 A QUIET MIND

Bringing a crowded mind to God

December 6



AS YOU READ

Mark what Paul invites believers to bring to God, think about, and put into practice. How do these belong together?

Read & understand

PHILIPPIANS 4:4-9 (WEB)

4 Rejoice in the Lord always! Again I will say, “Rejoice!”

5 Let your gentleness be known to all men. The Lord is at hand.

6 In nothing be anxious, but in everything, by prayer and petition with thanksgiving, let your requests be made known to God.

7 And the peace of God, which surpasses all understanding, will guard your hearts and your thoughts in Christ Jesus.

[8] Finally, brothers, whatever things are true, whatever things are honorable, whatever things are just, whatever things are pure, whatever things are lovely, whatever things are of good report; if there is any virtue, and if there is any praise, think about these things.

[9] The things which you learned, received, heard, and saw in me: do these things, and the God of peace will be with you.

Read & understand

BEHIND THE PASSAGE

Paul writes to the Philippian church while imprisoned. Earlier in this chapter he urges two women in the congregation toward agreement in the Lord. His words about joy, gentleness, prayer, and peace address a real community under strain. He does not describe an easy life. He directs their attention toward the nearness of the Lord and a pattern of prayer and faithful practice.

LOOK AGAIN

The notebook makes room for one thought at a time. What would it mean to bring God one concern without solving every concern?

Go deeper

LET THE WORD MEET YOUR LIFE.

TODAY'S MAIN POINT

God invites us to bring our concerns to Him and practice receiving His peace.

The passage joins prayer, thanksgiving, attention, and action. God's peace guards hearts and thoughts in Christ; His presence accompanies the practices Paul teaches. Peace is received in relationship with God, not earned by perfectly controlling every thought.

Go deeper

PUT THE TRUTH INTO FOCUS

01 TELL GOD WHAT IS ACTUALLY THERE

A quiet room does not always produce a quiet mind. You sit down at the end of the day, and the conversation, bill, deadline, or family concern starts playing again. Paul invites us to bring those actual concerns to God. You do not have to clean up the prayer first. Naming a fear honestly can be an act of trust.

02 GIVE ATTENTION SOMEWHERE TO REST

Paul's list of what is true, honorable, and worthy of praise gives our attention a place to return. It does not ask us to pretend painful facts are untrue. Imagine reading a troubling message and repeatedly filling in what the sender must mean. You can distinguish what you know from what you are assuming, pray about both, and choose a truthful next response.

03 PRACTICE RETURNING WITHOUT SHAME

Peace may come quietly rather than all at once. A thought returning does not mean your prayer failed. You can return to God, notice one gift with gratitude, and take one useful step. Receiving help from a trusted person can be part of that step. This Christmas, let prayer become a conversation you revisit, not a test of how quickly you can feel calm.

Go deeper

REFLECT & WRITE

1. Which concern is taking more of my attention than I want to give it?

2. What is true in this situation, and what am I adding through fear or assumption?

Live & pray

NAME IT. BRING IT. RETURN TO WHAT IS TRUE.

Move one concern from repeated mental rehearsal into a specific conversation with God.

01 WHAT IS ON MY MIND

Write one recurring concern as honestly and specifically as you can.

02 WHAT I WILL BRING TO GOD

Turn that concern into a prayer. Include one thing for which you are thankful.

03 WHERE I WILL RETURN MY ATTENTION

Write one truth from this passage and one faithful action you can take.

Live & pray

PUT IT INTO PRACTICE

Set aside five quiet minutes to pray what you wrote. When the concern returns, revisit your prayer and take the practical step you identified.

A PRAYER TO MAKE YOUR OWN

God of peace, You know the thoughts that crowd my mind. Help me speak honestly with You, recognize what is true, and receive Your care. Guard my heart in Christ and guide my next response. Amen.

Live & pray

RETURN THIS EVENING

When my attention wandered toward worry today, what helped me return to God?

You can bring a crowded mind into the presence of a faithful God.

Read & understand

02 LESS HURRY

Remembering who holds the world

December 7



AS YOU READ

Underline what these verses say about God. How does remembering who He is change the way you approach your day?

Read & understand

PSALM 46:10-11 (WEB)

10 "Be still, and know that I am God. I will be exalted among the nations. I will be exalted in the earth."

11 Yahweh of Armies is with us. The God of Jacob is our refuge. Selah.

Read & understand

BEHIND THE PASSAGE

Psalm 46 names God as refuge amid upheaval, roaring waters, and warring nations. Near its close, God calls for stillness and declares that He will be exalted among the nations. This is larger than a quiet-time technique: it is a summons to stop striving against His rule. The final verse anchors the people in the presence of the Lord of Armies, their refuge.

LOOK AGAIN

The empty chair offers a place to pause. What keeps you from receiving a moment of stillness as a gift?

Go deeper

LET THE WORD MEET YOUR LIFE.

TODAY'S MAIN POINT

We can loosen our frantic grip because God remains present and sovereign.

Stillness begins with recognizing God as God. The psalm does not promise that our surroundings will always be quiet. It teaches trust in the One whose authority and presence remain when the world feels unstable.

Go deeper

PUT THE TRUTH INTO FOCUS

01 NOTICE WHAT THE HURRY IS PROTECTING

Some seasons truly carry heavy demands. Yet hurry can also protect us from uncomfortable feelings or the fear of disappointing people. We say yes before asking whether a task is ours to carry. Christmas adds invitations, shopping, travel, and expectations. Pause long enough to ask what is necessary and what you are doing to prove that you are enough.

02 LET STILLNESS BECOME SURRENDER

The psalm's setting is a world in turmoil. Its call to stillness rests on God's authority, not on the disappearance of every problem. For us, a pause can become a way of acknowledging that authority. Put down the phone, release your shoulders, and pray, "You are God, and I belong to You." Let the words interrupt the belief that everything depends on your constant motion.

03 MAKE ONE CHOICE THAT CREATES ROOM

Imagine simplifying a holiday meal so you have time to listen to the person at your table. The smaller menu does not make your love smaller. Or leave one evening unplanned instead of adding another obligation. Peaceful rhythms grow through concrete choices. You may still have a full day, but you can enter it remembering that the Lord is with you.

Go deeper

REFLECT & WRITE

1. What fear or expectation keeps me moving when I need to pause?

2. Which part of my schedule could reflect greater trust in God's care?

Live & pray

MAKE ROOM FOR WHAT MATTERS.

Look at the coming day with honesty. Choose a rhythm that makes room for God and people.

01 WHAT TRULY NEEDS MY ATTENTION

Name the responsibilities that are genuinely yours today.

02 WHAT I CAN SIMPLIFY OR RELEASE

Identify one optional demand, unnecessary standard, or automatic yes.

03 WHERE I WILL PAUSE

Choose a specific time and place to stop and remember that God is with you.

Live & pray

PUT IT INTO PRACTICE

Simplify one plan or decline one optional demand graciously. Use the space to be present with God or give someone your undivided attention.

A PRAYER TO MAKE YOUR OWN

Lord, You are my refuge in a restless world. Help me recognize the hurry I have accepted without question. Give me wisdom to carry my responsibilities faithfully and humility to leave room for Your presence. Amen.

Live & pray

RETURN THIS EVENING

Where did slowing down make me more available to God or another person?

You do not have to carry the world to be faithful within it.

Read & understand

03 FREEDOM FROM CONTROL

Trusting God when the plan changes

December 8



AS YOU READ

Mark the angel's instruction, the explanation of Jesus' name, and Joseph's response. What does Joseph know when he acts?

Read & understand

MATTHEW 1:18-25 (WEB)

18 Now the birth of Jesus Christ was like this: After his mother, Mary, was engaged to Joseph, before they came together, she was found pregnant by the Holy Spirit.

19 Joseph, her husband, being a righteous man, and not willing to make her a public example, intended to put her away secretly.

20 But when he thought about these things, behold, an angel of the Lord appeared to him in a dream, saying, "Joseph, son of David, don't be afraid to take to yourself Mary, your wife, for that which is conceived in her is of the Holy Spirit.

21 She shall give birth to a son. You shall call his name Jesus, for it is he who shall save his people from their sins."

22 Now all this has happened, that it might be fulfilled which was spoken by the Lord through the prophet, saying,

23 “Behold, the virgin shall be with child, and shall give birth to a son. They shall call his name Immanuel”; which is, being interpreted, “God with us.”

24 Joseph arose from his sleep, and did as the angel of the Lord commanded him, and took his wife to himself;

25 and didn’t know her sexually until she had given birth to her firstborn son. He named him Jesus.

Read & understand

BEHIND THE PASSAGE

Mary and Joseph are pledged to be married when Joseph learns she is pregnant. Before they live together, this creates a serious personal and social crisis. Joseph considers a quiet divorce. An angel appears in a dream and tells him not to fear taking Mary as his wife, explaining the child's origin and mission. Matthew connects Jesus' birth with the promise of Immanuel: God with us.

LOOK AGAIN

Open hands can still do useful work. What might faithful action look like when you loosen your grip on the result?

Go deeper

LET THE WORD MEET YOUR LIFE.

TODAY'S MAIN POINT

We can obey God's direction without controlling every outcome or understanding every detail.

Joseph receives direction sufficient for obedience, not a complete account of everything ahead. The child will save His people from their sins. Joseph's response participates in God's saving purpose, even though following that direction will change the life he expected.

Go deeper

PUT THE TRUTH INTO FOCUS

01 NAME THE PLAN YOU EXPECTED

Joseph had a future in mind before this news arrived. His first response shows how carefully he was considering a painful situation. We also build expectations about marriage, work, children, and Christmas itself. When those plans change, the loss can feel personal. Trust begins with honesty about what we hoped would happen, rather than pretending the disruption does not matter.

02 RECEIVE DIRECTION WITHOUT DEMANDING A MAP

The angel tells Joseph not to be afraid and gives him a clear next step. He is not handed every future conversation or difficulty. Sometimes God's purposes stretch beyond what we feel ready to carry. We can seek direction through Scripture, prayer, and wise counsel without insisting on knowing every result. Surrender does not mean calling every impulse a message from God.

03 TAKE RESPONSIBILITY WITHOUT TAKING CONTROL

Consider a parent whose adult child makes an unexpected decision. The parent can listen, speak truth with love, and offer appropriate help. They cannot decide the child's entire future. Joseph's example invites us to do what faithfulness requires and entrust what follows to God. Christmas announces that God has come near; we do not have to become all-knowing to follow Him.

Go deeper

REFLECT & WRITE

1. What expected outcome am I holding so tightly that it is shaping my responses?

2. What is mine to do faithfully, and what belongs beyond my control?

Live & pray

OPEN YOUR HANDS. TAKE THE NEXT STEP.

Separate faithful responsibility from the outcomes you cannot command.

01 THE OUTCOME I WANT TO CONTROL

Name the result you keep trying to secure or prevent.

02 THE RESPONSIBILITY THAT IS MINE

Write the loving, honest action that is within your responsibility.

03 WHAT I WILL ENTRUST TO GOD

Name what remains unknown, and write a simple prayer of surrender.



Live & pray

PUT IT INTO PRACTICE

Take one clear, responsible step today. If direction is unclear, arrange a conversation with someone wise rather than forcing an immediate decision.

A PRAYER TO MAKE YOUR OWN

God with us, meet me where my plans have changed. Give me courage to obey what You have made clear and patience where I still need wisdom. Help me act faithfully and entrust the outcome to You. Amen.

Live & pray

RETURN THIS EVENING

Where did I practice responsibility today without trying to control another person or the future?

God’s presence is enough to begin the next faithful step.

Read & understand

04 REST

Receiving the gentleness of Jesus

December 9



AS YOU READ

Circle the invitations Jesus gives.
Underline how He describes His heart.
What makes His invitation trustworthy?

Read & understand

MATTHEW 11:28-30 (WEB)

28 "Come to me, all you who labor and are heavily burdened, and I will give you rest.

29 Take my yoke upon you, and learn from me, for I am gentle and humble in heart; and you will find rest for your souls.

30 For my yoke is easy, and my burden is light."

Read & understand

BEHIND THE PASSAGE

Jesus speaks this invitation after describing His unique relationship with the Father and His work of revealing Him. He calls the weary to come, take His yoke, and learn from Him. A yoke evokes work and shared direction; here it pictures discipleship under Jesus. His promise of rest belongs with His gentle and humble character, not with an escape from all responsibility.

LOOK AGAIN

The person resting has not finished everything. What would help you receive rest before every task is complete?

Go deeper

LET THE WORD MEET YOUR LIFE.

TODAY'S MAIN POINT

Jesus welcomes the weary into a life of learning from His gentle and humble heart.

Jesus offers rest through relationship with Him. Coming, taking, and learning describe an ongoing response. His leadership gives the soul a different way to carry life, rooted in His goodness rather than the pressure to prove our worth.

Go deeper

PUT THE TRUTH INTO FOCUS

01 COME WITH THE TIREDNESS YOU HAVE

There is tiredness from work, and there is tiredness from carrying the expectation that you must never let anyone down. Some people reach December already depleted. Jesus does not require the weary to become strong before approaching Him. You can come with the unfinished tasks, the honest limits, and the exhaustion you have been trying to hide.



02 LEARN A DIFFERENT WAY TO CARRY LIFE

Jesus offers His yoke, which means rest and discipleship belong together. We learn to follow someone gentle and humble rather than the relentless voice that says, “Do more, and perhaps you will be enough.” His invitation does not remove every demanding responsibility. It changes whose voice directs us and how we understand our value while doing the work.

03 RECEIVE CARE IN AN ORDINARY WAY

Imagine someone caring for a relative who asks a trusted friend to cover an errand so they can rest. Receiving that help is not a failure of love. Or consider going to bed instead of finishing one more optional holiday project. These choices can express trust in Jesus’ care. Bring Him the deeper burden too: the belief that everything will fall apart if you stop.

Go deeper

REFLECT & WRITE

1. Which burden is most exhausting me: the task itself or what I believe it says about my worth?

2. What would change if I trusted that Jesus leads me with gentleness?

Live & pray

BRING THE BURDEN. RECEIVE HIS CARE.

Listen to Jesus' invitation and identify one concrete way to respond.

01 THE BURDEN I AM CARRYING

Name a responsibility, expectation, or fear that has become heavy.

02 WHAT HIS GENTLENESS SAYS TO ME

Write how Jesus' description of His heart meets that burden.

03 THE REST I WILL RECEIVE

Choose a specific pause, request for help, or unnecessary demand to release.



Live & pray

PUT IT INTO PRACTICE

Make room for the rest you identified. Ask for help if needed, and spend a few unhurried minutes reading Jesus' invitation aloud.

A PRAYER TO MAKE YOUR OWN

Gentle Jesus, I come to You weary. Teach me how to carry my responsibilities under Your care. Quiet the demand to prove my worth, help me receive support, and give my soul rest in You. Amen.

Live & pray

RETURN THIS EVENING

What did I notice when I allowed myself to receive care instead of pushing through?

You are invited to come weary, not to become worthy.

Read & understand

05 PEACE AT HOME

Taking responsibility for your response

December 10



AS YOU READ

Read the verse slowly twice. What responsibility does it give you, and what responsibility does it not give you?

Read & understand

ROMANS 12:18 (WEB)

18 If it is possible, as much as it is up to you, be at peace with all men.

Read & understand

BEHIND THE PASSAGE

Romans 12 describes a life shaped by God's mercy: sincere love, hospitality, humility, and a refusal to repay evil with evil. Within that teaching, Paul calls believers to live peaceably with everyone as far as it depends on them. The words "if it is possible" acknowledge that another person's response is outside our control. The command remains an invitation to take our own conduct seriously.

LOOK AGAIN

A table can hold disagreement and still make room for listening. What could you do to make one conversation more open and respectful?

Go deeper

LET THE WORD MEET YOUR LIFE.

TODAY'S MAIN POINT

We can pursue peace faithfully while recognizing that reconciliation requires more than one person.

Paul joins responsibility with limits. We are called to pursue peace, not to guarantee another person's cooperation. A peaceful response may include listening, apologizing, speaking truth calmly, or setting a clear boundary without retaliation.

Go deeper

PUT THE TRUTH INTO FOCUS

01 BEGIN WITH YOUR OWN PART

Christmas gatherings can bring old patterns back quickly. A familiar comment lands, and suddenly everyone is playing a familiar role. Before rehearsing how the other person must change, consider your own words, tone, timing, and assumptions. Taking responsibility for your part does not mean accepting blame for everything. It means choosing the part of the conversation you can actually change.



02 CHOOSE PEACE OVER A WINNING SPEECH

Imagine arriving with a carefully prepared reply that will finally put someone in their place. The reply may feel satisfying while making understanding less likely. A different response might begin, “Help me understand what you meant,” or, “I spoke sharply, and I am sorry.” Honest words spoken with humility can interrupt a cycle that a stronger argument would only intensify.

03 KEEP PEACE CONNECTED TO TRUTH

Peace at home does not require pretending that harmful behavior is acceptable. You can end a hostile conversation, seek support, or limit contact when needed. Reconciliation grows where truth and trustworthy behavior have room to develop. Paul asks you to pursue peace as far as it depends on you. Faithfulness can be real even when another person refuses your invitation.

Go deeper

REFLECT & WRITE

1. What part of a difficult relationship is genuinely mine to address?

2. What would a truthful, humble, and appropriately boundaried response look like?

Live & pray

PREPARE A RESPONSE THAT MAKES ROOM.

Choose one relationship. Plan your words without rehearsing the other person's answer.

01 MY PART IN THE PATTERN

Name one word, habit, assumption, or reaction for which you can take responsibility.

02 WORDS THAT PURSUE PEACE

Write a brief apology, honest question, or calm statement you could use.



03 A BOUNDARY OR SUPPORT I NEED

Identify what would help you remain truthful and respectful in this situation.

Live & pray

PUT IT INTO PRACTICE

Take an appropriate step toward peace: apologize, listen without interrupting, or communicate a needed boundary calmly. Choose a suitable time rather than forcing the conversation.

A PRAYER TO MAKE YOUR OWN

Lord, help me pursue peace with humility and truth. Show me my part without letting me carry what belongs to someone else. Guide my words, steady my reactions, and give me wisdom about healthy limits. Amen.

Live & pray

RETURN THIS EVENING

Where did I choose a different response, even if the other person's behavior stayed the same?

You cannot choose every response, but you can choose your next one.

Read & understand

06 FREEDOM FROM BITTERNESS

Releasing the demand to repay hurt

December 11



AS YOU READ

Mark what Paul says to put away and what to practice instead. What is the source and pattern of this new way of living?

Read & understand

EPHESIANS 4:31-32 (WEB)

31 Let all bitterness, wrath, anger, outcry, and slander, be put away from you, with all malice.

32 And be kind to one another, tender hearted, forgiving each other, just as God also in Christ forgave you.

Read & understand

BEHIND THE PASSAGE

Ephesians 4 describes the new life believers share in Christ. Paul calls them to truthful speech, honest work, words that build others up, and conduct consistent with the Holy Spirit's presence. His instruction to put away bitterness and malice leads into kindness, tenderheartedness, and forgiveness. The pattern is God's forgiveness in Christ, not the claim that wrongdoing never mattered.

LOOK AGAIN

A private letter gives honest words a safe place to begin. What do you need to tell God before deciding what to say to someone else?

Go deeper

LET THE WORD MEET YOUR LIFE.

TODAY'S MAIN POINT

God's forgiveness in Christ teaches us to release retaliation and practice kindness with truth.

Forgiveness grows from grace we have received. Paul calls for a change in how we carry hurt and treat others. Forgiving does not make a harmful action good, remove the need for accountability, or automatically restore trust.

Go deeper

PUT THE TRUTH INTO FOCUS

01 TELL THE TRUTH ABOUT THE WOUND

Bitterness often grows around something that really hurt. Pretending it was nothing will not make it disappear. You may be facing Christmas with an old betrayal, an unacknowledged insult, or a relationship that never recovered. Bring the specific hurt to God. Honest lament can be part of forgiveness; you do not have to deny the wound in order to begin releasing it.



02 LET GRACE INTERRUPT RETALIATION

Paul grounds forgiveness in what God has done for us in Christ. We are people who have received mercy, learning to extend mercy. Consider the impulse to repeat someone's failure to others so they will feel what you felt. Releasing that opportunity to punish is a meaningful step. You can stop using the wound as permission to wound someone else.

03 ALLOW TRUST TO GROW HONESTLY

Forgiveness and restored access are not the same decision. Trust grows through truth, accountability, and consistent behavior over time. A person may forgive while keeping necessary boundaries or asking for help. Deep hurts can require repeated prayer and patient support. This Christmas, the next step may be small: stop rehearsing revenge, tell the truth safely, and ask God to form a freer heart.

Go deeper

REFLECT & WRITE

1. How is an old hurt influencing my words, expectations, or choices today?

2. What would releasing retaliation look like while keeping appropriate truth and boundaries?

Live & pray

NAME THE HURT. CHOOSE A FREER RESPONSE.

Write privately and honestly. You do not need to send these words to the person involved.

01 WHAT HURT AND WHY IT MATTERS

Describe the wound without minimizing it or exaggerating what you know.

02 WHAT I AM READY TO RELEASE

Name one act of revenge, repeated accusation, or wish to make someone pay.



03 WHAT GRACE AND WISDOM REQUIRE NEXT

Choose a step of prayer, support, accountability, or appropriate kindness.

Live & pray

PUT IT INTO PRACTICE

Write a private prayer naming the hurt and releasing retaliation. Choose one response that reflects grace while respecting necessary boundaries.

A PRAYER TO MAKE YOUR OWN

Merciful God, You know what hurt me and how I have carried it. Thank You for Your forgiveness in Christ. Help me release retaliation, tell the truth, and take wise steps toward freedom with a tender heart. Amen.

Live & pray

RETURN THIS EVENING

What happened when I chose not to feed a familiar bitter thought or retaliatory response?

Releasing retaliation makes room for grace without calling the wound good.

Read & understand

07 PEACE ABOUT TOMORROW

Receiving grace for the day you have

December 12



AS YOU READ

Circle the questions Jesus asks and underline what He says to seek first. What does He acknowledge about today?

Read & understand

MATTHEW 6:25-34 (WEB)

25 Therefore I tell you, don't be anxious for your life: what you will eat, or what you will drink; nor yet for your body, what you will wear. Isn't life more than food, and the body more than clothing?

26 See the birds of the sky, that they don't sow, neither do they reap, nor gather into barns. Your heavenly Father feeds them. Aren't you of much more value than they?

27 "Which of you, by being anxious, can add one moment to his lifespan?

28 Why are you anxious about clothing? Consider the lilies of the field, how they grow. They don't toil, neither do they spin,

29 yet I tell you that even Solomon in all his glory was not dressed like one of these.

30 But if God so clothes the grass of the field, which today exists, and tomorrow is thrown into the oven, won't he much more clothe you, you of little faith?

31 "Therefore don't be anxious, saying, 'What will we eat?', 'What will we drink?' or, 'With what will we be clothed?'

32 For the Gentiles seek after all these things; for your heavenly Father knows that you need all these things.

33 But seek first God's Kingdom, and his righteousness; and all these things will be given to you as well.

34 Therefore don't be anxious for tomorrow, for tomorrow will be anxious for itself. Each day's own evil is sufficient.

Read & understand

BEHIND THE PASSAGE

In the Sermon on the Mount, Jesus has just warned against serving both God and wealth. He then addresses anxiety about food, drink, clothing, and the future. Birds and flowers become reminders of the Father's care. Jesus directs His hearers to seek God's kingdom and righteousness, and to face the trouble of today without carrying tomorrow's trouble in advance.

LOOK AGAIN

The bird lives within this day's needs. What ordinary sign of the Father's care can you notice where you are?

Go deeper

LET THE WORD MEET YOUR LIFE.

TODAY'S MAIN POINT

We can seek God's kingdom today and entrust tomorrow to our Father's care.

Jesus calls us to trust the Father and order our priorities around His kingdom. He recognizes that each day has trouble. His teaching does not forbid thoughtful planning; it challenges the anxious pursuit of security as though we were without a caring Father.

Go deeper

PUT THE TRUTH INTO FOCUS

01 NOTICE WHEN PLANNING BECOMES REHEARSAL

Planning can be an act of wisdom. We prepare a budget, arrange transport, and make a necessary appointment. But planning can turn into repeatedly living through a disaster that has not happened. You may be physically present at a Christmas gathering while mentally rehearsing next month's problems. Ask whether your thinking is producing a useful step or only another round of fear.



02 LET THE FATHER'S CARE SET YOUR PRIORITIES

Jesus points to ordinary creation and reminds His hearers that their Father knows their needs. He then directs them toward His kingdom and righteousness. The question becomes, "What does faithfulness look like today?" Perhaps it means generosity within your means, an honest conversation, or attending to someone in front of you. God's care gives us a reason to live responsibly without making security our master.

03 RECEIVE THE DAY THAT IS ACTUALLY HERE

Imagine being worried about a future job change. You can update a document, seek advice, and make a sensible plan. After that, you can return to the meal, relationship, or task before you. Tomorrow will need tomorrow's decisions. Today is already a place where God is present. Christmas invites us to remember that He entered ordinary human life, including days full of real needs.

Go deeper

REFLECT & WRITE

1. Where has useful planning become repeated rehearsal of a feared future?

2. What would seeking God's kingdom first look like in the day I actually have?

Live & pray

PLAN WISELY. LIVE FAITHFULLY TODAY.

Give tomorrow an appropriate place without surrendering the whole of today to it.

01 THE TOMORROW I AM CARRYING

Name one future concern and distinguish what is known from what is imagined.

02 THE WISE PREPARATION I CAN MAKE

Choose one useful action, or acknowledge that no action is needed today.



03 THE PERSON OR TASK BEFORE ME

Name where you will return your attention after making that preparation.

Live & pray

PUT IT INTO PRACTICE

Take your one useful planning step, then set the concern aside for now. Give your attention to a person or responsibility God has placed before you today.

A PRAYER TO MAKE YOUR OWN

Father, You know what I need before I can explain it. Help me prepare wisely without living in fear. Shape my priorities around Your kingdom and teach me to receive this day with trust and attention. Amen.

Live & pray

RETURN THIS EVENING

What did I notice or receive when I returned my attention from tomorrow to today?

Tomorrow belongs to God; today offers a place to trust Him.

Gather what God has shown you

WHAT PEACE WILL YOU PRACTICE?

A peaceful life grows through returning to Jesus in real circumstances. Look back at the ways you prayed, slowed down, received help, and chose a different response. Notice what you want to carry forward.

A truth about God's care I want to remember...

A burden or relationship I am still bringing to Him...

A practice that helped me return to peace this week...

One peaceful response I will practice in the coming week...

A CONVERSATION TO SHARE

If you meet with a friend or group, share one insight, one unfinished question, and one way you can pray for each other. No one needs to share more than they are ready to.

Keep walking in peace

HIS PEACE GOES WITH YOU.



Receive His peace. Carry His love.

You can return to these pages when your mind grows crowded or your relationships become strained. Bring Jesus the hurry, the weariness, and the need to control what comes next. Keep listening to His Word. Receive the care of His people. Practice the next faithful, peaceful response.

A CLOSING PRAYER

God of peace, thank You for meeting me in the middle of ordinary life. Help me remember what You have shown me and practice what I have learned. Let Your gentleness shape my pace, Your wisdom guide my relationships, and Your care steady my heart. Amen.

About this edition

Design proof for review. Scripture quotations: World English Bible (WEB), public domain. Full selected passages are printed in red italics. Biblical context and devotional applications are distinguished throughout. Images are AI-generated photographic illustrations, not documentary photographs of real people or biblical events. Original teaching and workbook design prepared for Overcome Church.

Text sources: bible-api.com (WEB); translation information: WorldEnglish.Bible. Phone edition, 5 × 8.89 inches. Adapted from the current print workbook with larger type, single-column reading, and linked daily navigation. Use a notes app, a journal, or PDF annotations for written responses.