



Day 2

Peace

Silence (2 minutes) Take some time to be quiet, to calm down, and to listen. What has God been teaching you? What are the next steps He wants you to take? How is your spirit doing?

Scripture *Humble yourselves, therefore, under God's mighty hand, that He may lift you up in due time. Cast all your anxiety on Him because He cares for you.* 1 Peter 5:6-7

Discussion Peter has been writing to believers about the suffering they experience because they are Christians. *"Dear friends, do not be surprised at the painful trial you are suffering, as though something strange were happening to you"* (1 Pet.4:12). He then addresses the elders, followed by the young men. Then Peter tells everyone to be humble and writes the above scripture next. Being insulted and persecuted for their faith could lead these believers to worry about their situation. In the midst of their suffering, possibly tempted to worry, Peter tells these believers to submit themselves to God. God controls their circumstances and as their wise, powerful, and loving Father, He will change them when He chooses. We might be able to change our circumstances, which could be totally acceptable, but we still humble ourselves under God's hand. It's an attitude of acknowledging that God is God; He is in control. Whatever control or power we have is still under God's authority. Peter also tells the believers they are to give all their worries to Him, confident that God cares for them. The Father loves His children and wants us to have peace. Worry can take up a lot of our time and sap our energy. We can be distracted from our families, our work, and from listening to our Shepherd's voice. Worry tempts us to look at ourselves and our circumstances too much; as if we are the center of life. God is the center of life and we are to focus on Him. Instead of holding on to worry we need to cast our anxiety on God. We tell God our situation, tell Him our fears, with thanksgiving we tell Him our requests, and we tell God we give our worries to Him. When we are particularly worried, praying with brothers and sisters in Christ can help us let go of our worries. We thank God that He cares for us; praise Him that His care is who He is. Having humbled ourselves under the hand of our loving and powerful God, having told Him our worries, and continually acknowledging that He cares for us, we have peace. Instead of dwelling on our fears, we dwell on our Father who cares for us, which gives us peace.

Application What is currently worrying you? Are there any concerns you have that you haven't thought to bring to God? It can be hard at first to bring each and every worry to God. We can focus so hard on trying to work our problems out on our own we forget the peace that God offers us when we submit everything to him. Take time right now to reflect on what God's peace for your current worries means. Does it mean giving up control to God? Maybe asking a Christian brother or sister to pray with you? The peace of God doesn't just mean we don't worry- it means we actively seek to allow God to bring us peace. Find one way to actively allow God to bring you peace today!

Prayer Father, I praise You that You are caring and powerful. I submit myself to You, acknowledging that You are Almighty God and I am Your child. Thank You that You want me to give my worries to You; that You want me to have peace. Please help me to grow in trusting You more. Thank You, Father. Amen.

Silence (2 minutes) Talk to God about what you are learning. What are your fears? Where are your hangups? Pray for direction.

Scripture memory for the week: *You will keep in perfect peace him whose mind is steadfast, because he trusts in You. Trust in the Lord forever, for the Lord, the Lord, is the Rock eternal.* Isaiah 26:3-4