



## Day 8

# 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** *"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."* John 14:27

**Discussion** The world does not offer the kind of peace that comes from God. "Peace" from the world is conditional with respect to our circumstances. If we find peace in our circumstances then our peace may change with the weather. Living life like this can be a roller coaster ride with great highs and abysmal lows. It's not pleasant to go through life fearing what tomorrow will bring. God wants us to find stability for this life through Christ as our peace and refuge.

When Jesus died on the cross, He brought us peace that no matter what happens in this life we live, we have the assurance that we are loved by God and that He will one day bring us safely home into His presence. Nothing can take that away (Rom. 8:38-39)! You can have a terrible, horrible, no good, very bad day and still have peace that God is good, He is in control, and someday it will all be made right. So in our current trial we can know that it's going to be okay. Having this perspective gives us strength to persevere and peace to endure.

Do you trust God? Are you willing to let Him take your concerns off of your shoulders? Let's give up the roller coaster of fear and anxiety about things that we cannot control. God can be trusted! He offers us His peace, but it is up to us to let go of control and allow God to lead. Give Him your burdens. Cast your cares on Him because He cares for you and He wants you to enjoy His peace.

**Application** Can you honestly say that you are resting in God's peace today? Do you struggle with anxiety or fear about things you cannot control? Make a top 5 list of what you worry about most. Is it money? Employment? Your health? Your family members? Write them down and tell God about your fears in prayer. He can be trusted! Verbally confess your fears and then give them to God to deal with. He will do a better job of handling your burdens than you ever could! *"Cast all your anxiety on him because he cares for you"* (1 Pet. 5:7).

**Prayer** God, I confess that I often worry about things that may never happen or things that I cannot control. I let my challenges discourage me and I fear for what might happen tomorrow, but You already know what tomorrow holds. I thank You that I can trust You because You are good and You are able to handle everything that You allow to happen in my life. Help me to trust in You so that I can embrace Your peace. I ask this in the precious name of Jesus, my Lord and Savior, 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