

Strength for Your Journey - Peace

Week 2 Devotional

Peace in the Middle of It

Scripture References:

John 14:27

Isaiah 26:3

Psalms 34:4

Devotional

Peace is not always the absence of trouble—sometimes it's God's steady presence *within* the trouble. Life has a way of placing you in the middle of pressures, decisions, emotions, and responsibilities that feel too tangled to sort out. You may be trying to hold everything together, keep everyone encouraged, or simply make it through another day without falling apart.

But here is the truth: **God never intended for you to carry the weight alone.**

He offers a peace that isn't fragile, temporary, or dependent on circumstances. It's a peace that settles your heart even when your surroundings feel chaotic... a peace that stills your thoughts even when you don't have all the answers... a peace that guards your emotions when they feel too loud to quiet.

Jesus said, "*My peace I give you.*" It's a gift—not something you earn, work for, or try to maintain by sheer willpower. His peace anchors you when anxiety rises. It steadies your heart when fear whispers. It calms your spirit when uncertainty surrounds you.

When your world feels loud, God invites you into His quiet.

When your mind feels restless, He offers rest.

When your heart feels heavy, He becomes your peace.

You don't need a perfect situation to experience perfect peace.

You just need a willing heart to rest in the One who holds you.

Application

- Include in your morning prayer this breathe prayer: "*Lord, be my peace today.*"
- Notice areas where your heart feels unsettled—and pause to invite God into that moment.
- Keep one of today's Scriptures close and return to it whenever anxiety rises.
- Do one simple thing today that makes room for stillness (a few deep breaths, a slow walk, a quiet moment with God).

Strength for Your Journey - Peace

Guided Journal Prompts

1. What is disrupting my peace today?

2. What emotions am I holding that I need to release to God?

3. Where have I experienced God's peace before?

4. Which verse from today's devotional speaks peace to my heart? Why?

5. What is one area of my life where I want to feel God's peace this week?

Closing Prayer

Father, thank You for offering me a peace that this world cannot give and cannot take away. Quiet my heart, calm my thoughts, and steady my spirit today. Let Your presence settle over every anxious place within me. Help me trust You fully and rest in the peace that comes from knowing You are here. In Jesus' Name, Amen.