

5-day
Devotional
***Finding
Peace***
in the LORD

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Welcome to this 5-day devotional on Finding Peace in the Lord!

Let's start this devotional time by declaring peace over us. I encourage you to say the following out loud: "I have peace that passes understanding because my God is greater than anything in and of this world. My God rules and reigns on high. I have peace that passes understanding because God is a good God and He loves me. I have peace that passes understanding because of my firm foundation in the word God has graciously given to me by the Lord Jesus Christ."

I pray saying that declaration was a great start to finding great peace today from the Lord. My prayer of peace for you:

Dear Jesus, thank You for today and for this dear reader. I pray You give this person incredible peace today! May you flood them with peace in chaos during this turbulent time in our world history. May you show them how you are by their side every moment of the day and that you have all things in control. Lord, I pray you grant each person amazing sleep today because they have found a renewed peace resting with you. In Jesus glorious name, Amen.

Now, because of you, Lord, I
will lie down in peace and
sleep comes at once, for no
matter what happens, I will
live unafraid.

Psalm 4:8 (TPT)



How to Use this 5-day Devotional Guide

Verse: The scripture says to renew your minds (Romans 12:2), so we set each day firmly in these precious words written in the Bible. I encourage you to look up each daily verse in a different Bible version to gain a new perspective on the meaning of the verse.

Encouragement: This section provides inspiration and encouragement related to each day's Bible Verse.

Activation: Each day's devotion provides a simple exercise to help engage your body and cement the teaching in a new way.

Prayer: I encourage you to read each prayer as though you wrote it. Have an open heart to hear the Lord while you pray. I encourage the written prayer to be a starting point for you to expand on with your own words as you feel led.

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Gratitude: It is important to set aside time each day to be thankful no matter what ups and downs life throws at you. The Bible says we are to “give thanks in all circumstances; for this is God's will for you in Christ Jesus.” 1 Thessalonians 5:18, NIV. Use this space to journal what you are thankful for each day.

Prayer requests and Praise Reports: Journal your prayer requests and praise reports in the daily space provided. Make sure to come back and note when the prayer was answered. This will help to increase your faith in the Lord!

Prayer for Peace



Dear Jesus,

Oh, how I long for Your peace today.

The world is full of chaos and confusion, more fighting is on the streets and online every day.

It is hard to watch and listen to it all and to be in the midst of the battles here on earth.

I am asking that you show me Your peace today.

I need Your peace that passes all understanding.

I need Your peace to make it through another day.

I need Your peace to sleep tonight Lord.

Please help me, I'm crying out to You now for your sweet peace.

You say in Your word to give thanksgiving, so I am thanking You now for Your peace that You are giving me even if I don't feel it.

Lord, please build up my strength, courage, and faith in You today to believe for more peace.

Remind me gently to look heavenward and not be distracted by the chaos of this world. I know You have overcome the world!

May Your words of peace be on my lips to share with others around me.

I am expectant for Your peace to flood over me.

I embrace Your peace now!

Amen

“Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God.”

Philippians 4:6 (NIV)



Tips for praying

Prayer doesn't have to be complicated. You can pray anytime and anywhere.

Suggestions

- Set aside some time in a quiet place.
- Consider turning on your favorite worship music. God loves it when you worship Him.
- Simply pray what is on your heart. Jesus loves to hear you talk, and share your concerns, thoughts, and dreams with Him.
- If you aren't sure how to start, simply pray some scriptures. Psalms is a great book to pray from!
- Make sure you pause and ask God what He is thinking. God always likes to speak and He loves when you ask Him questions.

A prayer to help you get started

Dear Jesus, thank You that You want to hear from me today. Help me to spend more time in prayer getting to know You more today. In Jesus name, Amen.



I heard the Lord whisper for you:

My child, I know you have longed for stability and peace these past few years. Remember in this world you will have trials, but remember, I have overcome the world.

I am renewing your strength each day, My child, pause and rest with Me. I need to be your source of peace, not the news, not your friends or family and not religion.

Stay close to Me daily. Meditate on My word as you wake up and as you go to sleep. Soaking in My words will give you peace for your trials. Remember My child, I am in you and with you always. If you ever start to panic, just close your eyes and see Me holding your hands walking by still waters.



Day One



Verse: John 14:27 (NLT) I am leaving you with a gift—peace of mind and heart. And the peace I give is a gift the world cannot give. So don't be troubled or afraid.

God's Whisper: My Peace I give to you today, sweet child. Peace of mind, peace in your spirit, and peace in your family. Close your eyes, My child, imagine sitting with Me by a calm lake. The crickets are singing and the sunset is casting beautiful beams of orange and pink shadows upon you. Can you feel My presence in the stillness, in the quiet? Take My hand now, go ahead, reach for Me. I am right here beside you blanketing you with My peace. I am giving you peace, peace only you can find in Me. Remember this calm, remember this peace. Remember My presence as you move throughout today for I am with you.

Activation: Journal a time when God gave you peace or journal a situation that you need God's peace.

Prayer: Dear Jesus, You are so good to me. Thank You for being near me today and for giving me peace. Help me be reminded throughout my day of the peace You give me so freely today. Amen.

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DAY ONE DATE : _____

GRATITUDE:

PRAISE REPORT:

PRAYER REQUESTS:

Day Two



Verse: Philippians 4:6-7 (NIV) Don't worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done. Then you will experience God's peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus.

Quote: "Worry does not empty tomorrow of its sorrow, it empties today of its strength." Corrie ten Boom, Author of the Hiding Place

God's Whisper: Look up to me My child, I am parting the veils so that you can see my glory and feel my peace more today. I did not make you for stress and anxiety my child. I made you to be a strong warrior, to be a light shining for those around you. Take a deep breathe child: I am giving you peace now, peace inside that won't be shaken, peace that stands firm in Me. Close your eyes while imagining me as a lion roaring behind you. It is by my might that fear flees, that all anxiety has to crumple. Believe more in me today, believe in my PEACE. It is available for you every moment of every day.

Activation: Journal how the Lord's peace can take away feelings of anxiety. Ask the Lord to help you give your worry to Him. Ask for new understanding from the Bible. He wants to show you.

Prayer: Lord, you say not to be anxious for anything, so I am believing and standing on this word today. I praise you for what you have done and what you are doing today. I praise you that you are giving me peace today in Jesus name, Amen.

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DAY TWO DATE : _____

GRATITUDE:

PRAISE REPORT:

PRAYER REQUESTS:

Day Three



Verse: Psalm 16:8 (NLT) I know the Lord is always with me. I will not be shaken, for he is right beside me.

God's Whisper: Though the waters may be swirling around you today, look for Me. I am here. I will pull you up into the boat of My safety. Whatever transpires around you I am here. Lift your face to Me, Trust in Me. I am here for you.

Quote:

"True wisdom is found in trusting God when you can't figure things out."
Joni Eareckson Tada, *The God I Love: A Lifetime of Walking with Jesus*

Activation: Declare over every situation that is causing less peace,
"Peace Be Still!"

Prayer: Dear Jesus, thank you for your promise in Psalms to always be with me. Help me to remember this promise especially when fear creeps up when I focus too much on what is happening around me. Lord, help me to trust you more today. Thank you for your peace today. In Jesus name, amen.

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DAY THREE DATE : _____

GRATITUDE:

PRAISE REPORT:

PRAYER REQUESTS:



I am leaving you with a gift—peace of mind and heart. And the peace I give is a gift the world cannot give. So don't be troubled or afraid.

John 14:27 (NLT)

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Day Four



Verse: Romans 15:13 (NLT) I pray that God, the source of hope, will fill you completely with joy and peace because you trust in him. Then you will overflow with confident hope through the power of the Holy Spirit.

God's Whisper: My glorious presence is starting to fall in pockets around the earth and soon will be flooding across the land. My weightiness is bringing peace, hope, love, and healing. This will bring a refreshment to your soul, dear child. Come and sit with Me, be still, and don't hurry.

Until the time comes for My glory to envelop you, prepare your hearts, dear child, and search out the thorns in your heart that have hindered you from surrendering to Me. When you ask Me, I will tenderly show you the thorns, the sticky places. My dear child, I have so much goodness in store for you. Come to Me now, rest and recover with me now. Prepare for My glory to fall, you were born to be wild in My glory!

Activation: Today I suggest you listen to the following song that you can download on your favorite streaming device. "Perfect Peace" by Amanda Cook and Steffany Gretzinger | Bethel Music

Prayer: Dear Jesus, thank you for your love and for the peace that passes understanding that only you can give. My heart's cry today is that I feel your glory, your presence more than ever. I know in your presence Lord that the cares of this world fall away. I know with you leading me beside the still waters, even though turmoil swirls around me I will have peace because you are the Prince of Peace. Thank you Jesus for your goodness. In Jesus name, Amen.

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DAY FOUR DATE : _____

GRATITUDE:

PRAISE REPORT:

PRAYER REQUESTS:

Day Five



Verse: Hebrews 4:10-11 (NLT) The man who goes into God's rest, rests from his own work the same as God rested from His work. Let us do our best to go into that rest or we will be like the people who did not go in.

Encouragement: On the upcoming Sabbath day, remember that God commanded us to rest and to keep the Sabbath day holy. Renew your minds and think on the Lord today. As our society is back to go, go, go, it is important to sit and rest. Remember resting in God is not a waste of time for the Lord commanded us to rest. Not resting affects us physically, mentally and spiritually. Lack of rest can take a toll on us, our family, our friends and especially with our relationship with God. That is why the Lord wants us to rest, it is for our refreshment!

Activation: Take time today for your upcoming Sabbath to look for the hidden gems God has in store for you. Go for a walk alone or with your family, take time to observe the Lord's creation, the rocks, the soil, the flowers and yes even the bugs! Thank Him for what He has made. Taking time to rest with the Lord will fill you up and give you the strength to get through this next week. Rest is a state of peaceful unity with God. Enjoy Him today.

Suggested Worship: Today I suggest you listen to the following song that you can download on your favorite streaming device. "Peace" | The Worship Initiative feat. Beth Barnard and Shane & Shane

Prayer: Dear Jesus, help me to learn more how to rest in you on Sabbath. Our society hasn't valued the rest you require so I have gotten away from the rest I need. As I walk into this new day of peace and quiet help guide me how you want me to rest. In Jesus name, amen.

PRAYER JOURNAL



DAY FIVE DATE : _____

GRATITUDE:

PRAISE REPORT:

PRAYER REQUESTS:



Bonus Activation

Turn on some soaking worship music now. The term soaking music is new to me and maybe to you as well, it is a style of worship music used when you are intentional to sit and worship the Lord and want to rest in His presence. I recommend searching music titled "Instrumental Worship and Prayer" on YouTube.

Boldly declare the following:

"Lord, I claim your peace for me today, for my home, for my family. I declare Your peace falls afresh in my life today! No more worry, no more anxiety will come near me because you are by my side. I am expectant for more of Your peace now."



**I am leaving you with a gift
- peace of mind and heart.
And the peace I give is a
gift the world cannot give.
So don't be troubled or
afraid.**

John 14:27 NIV



**Do not be anxious about anything,
but in every situation, by peace
and petition, with thanksgiving,
present your requests to God. Ant
the peace of God, which transcends
all understanding, will guard your
hearts and your minds in Christ
Jesus.**

Philippians 4:6-7 NIV

Peace

**I know the Lord is always
with me. I will not be
shaken, for he is right
beside me.**

Psalms 16:8 NLT

Peace

**I pray that God, the source of hope,
will fill you completely with joy and
peace because you trust in him. Then
you will overflow with confident
hope through the power of the Holy
Spirit.**

Romans 15:13 NLT



**The man who goes into God's
rest, rests from his own work the
same as God rested from His
work. Let us do our best to go into
that rest or we will be like the
people who did not go in.**

Hebrews 4:10-11 NLT



**Now, because of you, Lord, I
will lie down in peace and
sleep comes at once, for no
matter what happens, I will
live unafraid.**

Psalms 4:8 TPT

Peace

**Give all your worries and
cares to God, for he cares
about you.**

1 Peter 5:7 NLT

Peace

**I will listen to what God
the LORD says; he
promises peace to his
people, his faithful
servants - but let them
not turn to folly.**

Psalms 85:8 NIV





About the Author

Christa Joy Spaeth is a Minnesota-based author who is passionate about fulfilling her purpose to help the hurting and share the love of Christ. She longs for everyone to have "God encounters" and to hear His whisper. Christa is a wife to an incredible man of God, a mom to two young men who love the Lord, and an entrepreneur. She knows God called her to ministry and His promises are being fulfilled!

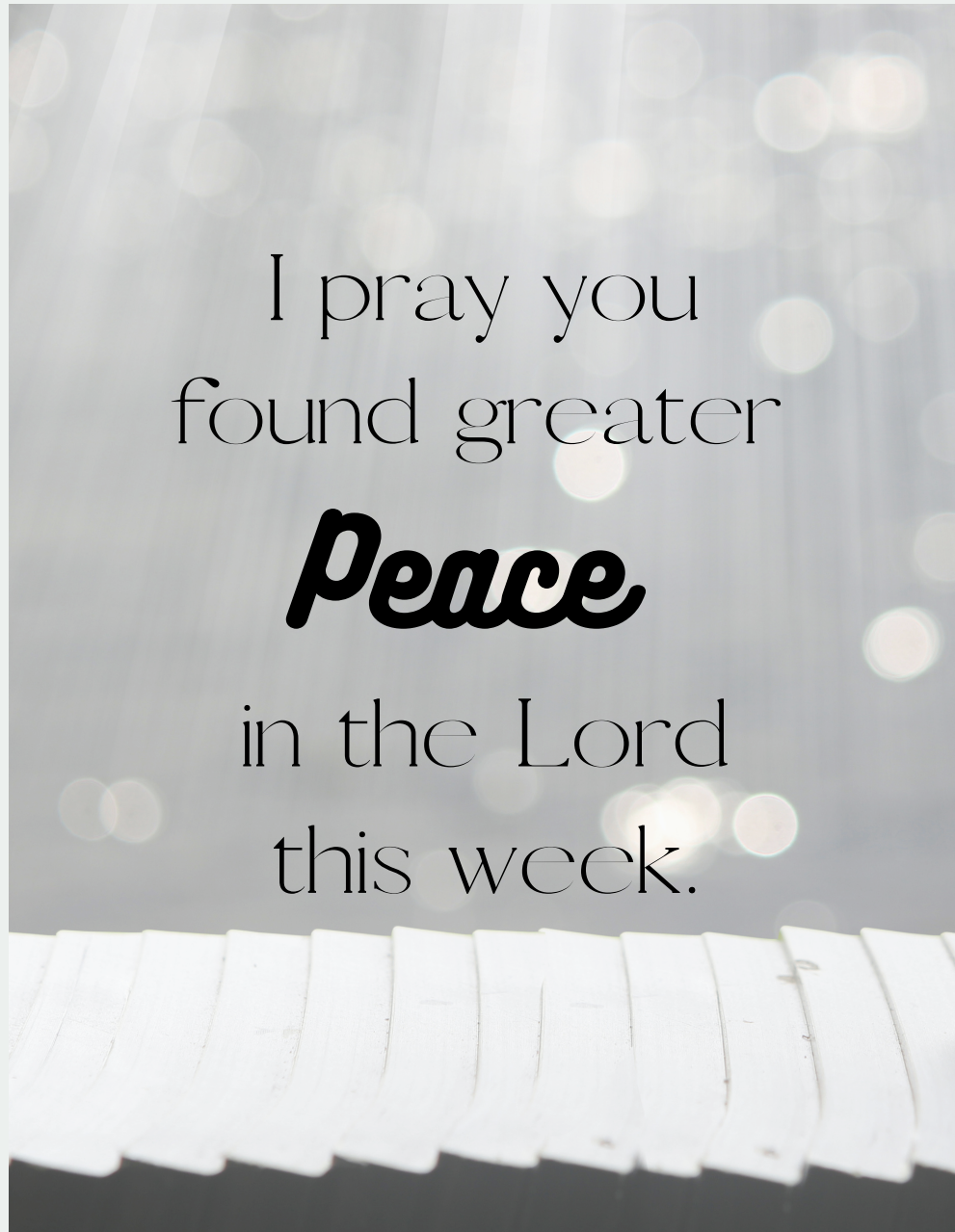
Christa's first devotional book "Powerful Whispers" released in February 2023 and is available where most books are sold and on her website. If you order from my website you will get a FREE Small Group Workbook PDF. Go to www.christajoyministries.com/books

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