

DAILY READING: PEACE

Today I am experiencing peace of mind and heart. Jesus promised to give me true peace and I receive it this very moment. Therefore, I will not be troubled or afraid as I face the challenges and conflicts of this day. True peace comes as I let God have His way in every circumstance of my life. I choose to yield all of my life to God's will at this very moment, and my heart is at peace. My peace is built on the foundation of God's Word and His promises. Jesus' presence in my life gives me peace and sustains me in every situation.

The peace of God gives me comfort in place of conflict. When I am confronted with fear and uncertainty and when doubt tries to attack my faith the peace of God will control these destructive forces and give me comfort and strength. His peace can never be taken from me regardless of what comes my way. Because of Jesus' peace in my life, I will not run from the difficulties I face. Instead, the more intense the difficulties, the more I will experience God's peace. Today I am experiencing peace of mind and heart.

Words cannot describe what this peace feels like. It is not self-generated peace. It comes from God alone and it is His gift to me. I receive this peace just as I receive Jesus and trust Him as my Lord and Savior. I will practice living in the peace of Christ by investing the first moments of every day in prayer and meditating on the promises He has given me in His Word. I will apply His peace by making even the smallest of worries and concerns a matter of prayer. Before the day's problems begin I accept the peace of Christ which guards my heart and mind from fear and anxiety.

I set my mind on the things of the Spirit and embrace His leading today. As His peace rules my life, it will referee and restrain the passions and influences of my old nature that might threaten my spiritual journey with Jesus. Peace will continue to rule my heart and mind through all friction and strife that may come my way and I will remain strong and faithful. Today I am experiencing peace of mind and heart.

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ACTIVITY:

Take 5 minutes to focus on the peace of Christ. Focus on the memory verse from the Daily Reading. Turn off the noise of your mind and invite Christ to fill you with peace. He is our peace and His presence helps our mental health and well-being.

DAILY STUDY: PEACE

DAY 1: Accept the Peace of God - Matthew 11:28-30 (Page 742); Jeremiah 31:25 (Page 599)

DAY 2: Jesus has Overcome the World - John 16:33 (Page 825); Isaiah 26:3 (Page 535)

DAY 3: Mind and Heart - Romans 8:5-8 (Page 862); Proverbs 12:20 (Page 489)

DAY 4: Called to Live in Peace - Colossians 3:15 (Page 904); James 3:17-18 (Page 931); Psalm 29:11 (Page 426)

DAY 5: Led by the Holy Spirit - Galatians 5:16-26 (Page 893); Psalm 34:14 (Page 428)

DAY 6: Made Right by Faith - Romans 5:1-11 (Page 860); Psalm 85:8 (Page 453)

DAY 7: Live by God's Instructions - Philippians 4:6-9 (Page 901); Psalm 119:165 (Page 471). Read the Daily Reading once again and highlight things that stand out. Answer the three Life Transformation questions for growth in this area. Take time to learn the memory verse.

MEMORY VERSE:

John 14:27
"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

LIFE TRANSFORMATION QUESTIONS:

1. As you read the Daily Reading, what stood out and why?
2. What action will you take to apply this truth? Be specific.
3. What areas of your life will benefit from this action? How and why?

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