

# Devotional Guide: "PEACE" – The Sweet Life

## Day 1: Foundation — Peace With God: Galatians 5:22–23; Romans 5:1

Peace becomes vulnerable the moment we refuse to rest in God's grace. The foundation of all peace in our lives is rooted in our trust in God. True and lasting peace comes when we recognize three essential truths: our separation from God, our need to reconcile our future to Him, and the necessity to root our full trust in His character.

Reflection Question:

What is preventing me from fully trusting God's love, grace, and forgiveness?

Today's Practice:

Take time to identify one area where you struggle to trust God. Write it down. Then, in prayer, consciously release that burden to Him, reminding yourself that His grace is sufficient for every circumstance.

Prayer:

Lord, help me recognize the areas where I've refused to rest in Your grace. I choose today to trust You completely with my life, my future, and my burdens. Amen.

## Day 2: Inner Peace — Peace With Ourselves: John 16:33; Philippians 4:6–7; 1 Peter 5:7–9

Finding peace with God creates the foundation for peace within ourselves. When anxiety rises, we face a choice: do we run to God or try to carry the burden ourselves? Biblical peace is not the absence of trouble but the presence of wholeness in Christ.

Reflection Question:

When anxiety rises, do I run to God or try to carry the burden myself?

Today's Practice:

The next time you feel anxious or overwhelmed today, pause and practice Philippians 4:6–7. Instead of trying to solve everything alone, bring your specific concerns to God in prayer with thanksgiving, and let His peace guard your heart.

Prayer:

Jesus, You've promised me peace in a troubled world. Today, I release my anxieties to You. Help me run toward You, not away from You, when fear and worry rise. Guard my heart and mind in Your perfect peace. Amen.

## Day 3: Relational Peace — Peace With Others: Romans 12:18–19; Matthew 5:39–41; Matthew 5:9

Peace with God and peace within ourselves create the foundation for navigating conflict with others. As peacemakers, we're called to do our part in relationships—not to control outcomes, but to contribute to wholeness and healing where we can.

Reflection Question:

Am I contributing to peace or creating conflict in my relationships?

Today's Practice: Identify one relationship where there's tension or distance. Today, take one small step toward peace—a kind word, a listening ear, or a gesture of reconciliation. Remember, you cannot control the other person's response, but you can control your contribution to peace.

Prayer: Holy Spirit, show me where I've contributed to conflict instead of peace. Give me courage to be a peacemaker in my relationships. Help me to forgive as You have forgiven me, and to extend grace as I have received it. Amen.

#### **Day 4: Guarding Against Division:** Galatians 2:11; Galatians 5:15; Galatians 5:26

Division among God's people grieves the Holy Spirit. When we bite and devour one another through gossip, judgment, or pride, we destroy the very peace we claim to seek. Peace requires vigilance against the attitudes and actions that undermine community.

Reflection Question:

What attitudes or behaviors am I allowing that undermine peace in my circles?

Today's Practice:

Examine your words and actions over the past few days. Have you gossiped, judged, or allowed pride to fuel conflict? Repent of these and choose kindness, humility, and grace in your interactions today.

Prayer: Forgive me, Lord, for the times I've bitten and devoured others with my words. Humble my heart. Remove pride, jealousy, and judgment from me. Help me to be a builder of peace, not a source of division. Amen.

#### **Day 5: Living the Sweet Life — Peace Complete :** Galatians 5:22-23

Peace is not found in the absence of problems but in the presence of God. A key ingredient of the Sweet Life is experiencing peace simultaneously with God, within ourselves, and with others. These three dimensions of peace are interconnected—each strengthens the others.

Reflection Questions:

- How has your understanding of peace shifted this week?
- Which dimension of peace (with God, within yourself, or with others) needs the most attention?
- What is one commitment you'll make to deepen your experience of peace?

Today's Practice: Reflect on your growth this week. Choose one practice from Days 1-4 that resonated most deeply. Commit to continuing that practice beyond this week as part of your pursuit of the Sweet Life.

Prayer: Father, thank You for this week of learning about peace. I recognize that peace is not circumstantial but relational—rooted in You. As I leave this devotional week, help me carry these truths forward. Give me a peaceful heart, a reconciled spirit, and a peacemaking presence. Let my life reflect the wholeness that only You can provide. Amen.