
Be Still:
Finding peace and stillness
in God's presence

BE STILL

Finding Peace in God's Presence

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This devotional was created to encourage readers to slow down, spend time in God's Word, reflect, pray, and grow in their walk with Him.

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Day 1

The Noise We Carry

Psalm 46:10 (KJV)

Key theme: God's invitation to stillness amid life's noise

The reader examines the restlessness and distraction of daily life and encounters God's call to 'be still' as an invitation rather than a demand.

Today's Scripture

Psalm 46:10 (KJV)

[10] Be still, and know that I am God: I will be exalted among the heathen, I will be exalted in the earth.

Setting of the Scripture

Psalm 46 belongs to a collection of psalms attributed to 'the sons of Korah,' a guild of Levitical worship leaders who served in Israel's temple singing. The psalm is often grouped with the 'Songs of Zion,' hymns that celebrate God as the protector of Jerusalem. The imagery in the opening verses is dramatic: the earth is described as changing, mountains are carried into the heart of the sea, and waters roar — pictures of chaos, upheaval, and the kind of fear that comes when the ground beneath us (literally or figuratively) feels unstable.

Later in the psalm, nations rage and kingdoms are moved, suggesting political turmoil as well as natural disorder. While we cannot be certain of the precise historical event behind the psalm, its placement among temple worship songs suggests it was likely sung communally, as a declaration of trust during a season of real or remembered danger. It is within this context of noise, upheaval, and uncertainty that God speaks directly in verse 10: *'Be still, and know that I am God.'* The command does not appear as a scolding but as a word from God Himself, breaking into the chaos described earlier in the psalm, inviting His people to stop their striving and recognize who is truly in control.

Who Wrote It and Why

The superscription of Psalm 46 attributes it to 'the sons of Korah,' a family of Levites appointed to lead worship and music in Israel (see 1 Chronicles 6 and 2 Chronicles 20 for background on this family's role). This is a traditional attribution found in the psalm's heading rather than a claim the psalm makes about itself in its body, so it should be received as the accepted association rather than an absolutely certain authorship claim. The sons of Korah composed and led several psalms meant for corporate worship, often emphasizing God's kingship, His presence in Zion, and His role as a refuge for His people. Psalm 46 was likely written for the gathered community of Israel to sing together, reinforcing shared trust in God during uncertain times. Its purpose within the book of Psalms is to move worshipers from fear and disorder toward confidence in God's unshakeable presence, climaxing in His own spoken invitation to be still and know Him.

Words to Ponder

Be Still

In this translation: be still
Original language: Hebrew
Original word: רָפָה
Transliteration: raphah
Concordance reference: H7503
Definition: To sink down, let drop, release tension, cease striving, be weak or slack

In this passage: In Psalm 46:10, God calls His people to release their grip on fear and self-reliant striving, letting go in His presence rather than fighting to control the chaos described earlier in the psalm

Why it matters: This word shows that stillness is an active release, not merely silence or inactivity — it is a surrender of control into God's hands
Takeaway: Being still before God starts with consciously letting go of the need to control everything ourselves

Know

In this translation: know
Original language: Hebrew
Original word: יָדַע
Transliteration: yada
Concordance reference: H3045
Definition: To know, perceive, recognize, often implying personal and experiential knowledge rather than mere facts
In this passage: Here, 'know' invites more than intellectual agreement that God exists; it calls the reader to personally recognize and rest in who God is amid the upheaval described in the psalm
Why it matters: This distinguishes head knowledge about God from a lived, trusting awareness of His presence and sovereignty
Takeaway: God invites us not just to believe facts about Him, but to truly recognize His presence and let it shape how we respond to our circumstances

Exalted

In this translation: exalted
Original language: Hebrew
Original word: רוּם
Transliteration: rum
Concordance reference: H7311
Definition: To rise, be high, be lifted up, be exalted
In this passage: God declares that He will be exalted among the nations and in the earth, affirming His supreme authority even over the chaos and upheaval described earlier in the psalm
Why it matters: This reminds the reader that stillness is rooted in recognizing God's rightful, exalted position over all things, not simply a technique for personal calm
Takeaway: We can be still because God is already exalted over every situation we face, whether or not we feel in control

Today's Devotional

Most of us carry more noise than we realize. It isn't always loud noise — sometimes it's the quiet hum of a hundred small worries, the mental to-do list that never finishes, the habit of checking a phone before our feet even hit the floor in the morning. We grow so used to motion and noise that stillness can feel unfamiliar, even uncomfortable. Psalm 46 was written for people who knew real upheaval — a world that felt like it was shaking. And yet, in the middle of that upheaval, God does not say, 'Fix it.' He says, 'Be still, and know that I am God.'

That's worth sitting with for a moment. This is not a harsh command barked at anxious people; it's an invitation spoken by a God who is already in control, who does not need our striving to accomplish His purposes. The Hebrew word behind 'be still' carries the sense of letting go, releasing a tight grip, ceasing to struggle. It's less like a drill sergeant demanding silence and more like a steady hand resting on a tense shoulder, saying, 'You can loosen your grip now. I've got this.' If you feel overwhelmed, distracted, or spiritually tired today, you are not alone, and you are not failing by feeling that way. The noise of daily life is real. But so is this invitation. Being still before God doesn't mean our circumstances instantly change. It means we remember, even for a few minutes, who God is — steady, sovereign, present — while everything else keeps moving around us. Stillness begins not with controlling our situation, but with surrendering the illusion that we ever could. Today, consider where you can set down your grip, even briefly, and simply know that He is God.

Reflection Questions

1. In Psalm 46, what kind of chaos and upheaval does the psalmist describe before God speaks the words 'be still'?

2. What does it mean that God's call to 'be still' comes as His own spoken invitation in the middle of turmoil, rather than a demand for silence after everything calms down?

3. What is one specific source of noise, distraction, or busyness in your daily life right now, and what might it look like to intentionally pause before God because of it today?

Today's Prayer

Lord, You spoke in the middle of the storm and said, 'Be still, and know that I am God.' I confess that stillness doesn't come naturally to me — my mind is often busy, my days are full, and I carry more noise than I realize. Thank You that Your invitation to be still is not a demand shouted at me from a distance, but a steady word spoken by a God who is near. Help me to loosen my grip today, even if only for a few minutes, and remember that You are God and I am not. Show me the noise I carry — the distractions, the worries, the constant motion — and give me the courage to set it down, even briefly, in Your presence. Thank You that You do not need my striving to be sovereign over my life. Teach me what it means to trust You enough to be quiet before You. In Jesus' name, Amen.

Digging Deeper

Psalm 46:10 is often quoted on its own, but its meaning is sharpened when read in its full context. The psalm opens with God described as 'our refuge and strength, a very present help in trouble' (v.1), followed by vivid images of the earth changing and mountains shaking into the sea (vv.2-3), and later, nations raging and kingdoms moved (v.6). This is a psalm written for people facing real instability, not abstract anxiety. Into that instability, God speaks directly: 'Be still, and know that I am God: I will be exalted among the heathen, I will be exalted in the earth' (v.10). The Hebrew word translated 'be still' (raphah) carries the sense of releasing tension, letting the hands drop, ceasing to strive. It is paired with 'know' (yada), a word that implies more than intellectual awareness — it points to recognizing and personally acknowledging a truth until it shapes how we live.

Together, these words suggest that stillness is not passive emptiness; it is an active surrender that leads to deeper recognition of who God is. The verse closes with God declaring that He will be 'exalted' (rum) — lifted high, acknowledged as supreme — among the nations and in all the earth. This matters because it reframes stillness: we are not called to be still simply for the sake of calm feelings, but so that we might truly see and acknowledge God's rightful place as sovereign over both the chaos of nations and the chaos of our own hearts. For the reader beginning this study, this is the foundational move of Part One: recognizing that our noise and busyness often function as a subtle illusion of control, and that stillness begins by surrendering that illusion. This sets the stage for tomorrow's focus on Psalm 23, where we will see that the God who calls us to be still is also the Shepherd who actively leads His people toward rest, provision, and peace — not leaving us in stillness alone, but leading us somewhere good.

My Reflection

Take a few quiet minutes with your journal today. There's no need to write a polished reflection — simply let these prompts help you notice the noise you carry and the invitation God is extending to you through His Word.

1. What does a typical day look like for you in terms of noise, distraction, or constant motion? Where do you notice it most?
2. When you read 'be still, and know that I am God,' what emotion or reaction rises up in you — relief, resistance, longing, discomfort? Write honestly about why.

3. Where in your life right now do you feel like you are gripping tightly, trying to control an outcome or situation? What would it look like to loosen that grip, even slightly, before God?

4. After sitting with Psalm 46:10 today, write a short prayer or sentence of surrender — your own words expressing a willingness to be still before God, even if only for a few minutes.

5. Name one practical, specific moment today (a commute, a lunch break, before bed) when you could pause and simply be still before God. Write it down as a small commitment.

My Reflection

1. What does a typical day look like for you in terms of noise, distraction, or constant motion? Where do you notice it most?

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My Reflection

My Reflection

Pause and Ponder — Day 1: The Noise We Carry

Find each word from today's study hidden in the puzzle grid (to be generated separately). As you search, let each word remind you of a truth from Psalm 46:10 and today's reflection on stillness before God.

K	N	E	R	U	T	D	U	O	L	O	A	E	N	M
N	T	R	X	E	N	P	R	E	S	E	N	C	E	I
O	A	S	I	S	F	T	E	R	I	T	Y	N	O	A
W	D	A	U	N	A	U	I	S	E	F	R	T	I	F
N	S	H	S	R	T	X	G	N	T	L	T	O	N	H
E	Q	N	H	T	R	H	S	E	A	E	R	M	E	R
I	H	U	K	S	I	E	C	H	F	L	U	O	I	A
E	N	R	I	F	T	L	N	R	I	T	S	M	L	S
O	A	L	Y	E	E	R	L	D	O	U	T	A	R	G
E	Y	I	M	I	T	X	E	C	E	L	I	F	E	O
Y	I	E	B	E	A	C	A	N	T	R	Y	I	C	D
E	O	T	H	D	S	W	S	L	G	A	S	T	O	A
N	E	L	U	I	T	P	D	P	T	T	R	W	U	T
S	I	K	H	P	E	A	C	E	M	E	H	E	I	R
D	T	R	O	U	B	L	E	I	T	W	D	P	N	E

Words to Find

SURRENDER
EXALTED
STILL
QUIET
STRENGTH
TROUBLE
TRUST
KNOW
PRESENCE
REFUGE
PEACE
GOD

Day 2

The Shepherd Who Leads to Rest

Psalm 23:1-4 (KJV)

Key theme: God as shepherd providing rest and guidance

The reader considers how God, as a shepherd, actively leads His people toward rest, provision, and peace even amid fear or weariness.

Today's Scripture

Psalm 23:1-4 (KJV)

[1] The LORD is my shepherd; I shall not want.
[2] He maketh me to lie down in green pastures: he leadeth me beside the still waters.
[3] He restoreth my soul: he leadeth me in the paths of righteousness for his name’s sake.
[4] Yea, though I walk through the valley of the shadow of death, I will fear no evil: for thou art with me; thy rod and thy staff they comfort me.

Setting of the Scripture

Psalm 23 is a song of trust, part of the larger collection of Hebrew poetry known as the Psalms, placed early in Book One of the Psalter.

Unlike narrative passages, it does not describe a single historical event but instead paints a picture drawn from everyday pastoral life in ancient Israel, where shepherding was a common and well-understood occupation. The psalm uses the shepherd-and-sheep relationship as an extended image of how the LORD relates to His people: providing, guiding, protecting, and giving rest. David, who spent his early years tending his father's flocks before becoming king, would have known firsthand the realities described here—leading animals to find water, scouting safe pastures, and walking through dangerous ravines where predators or sudden floods could threaten the flock. The setting matters because it grounds a deeply spiritual truth in ordinary, tangible experience: readers are not being asked to imagine an abstract theological concept, but to picture a real shepherd's patient, attentive care, which was something easily recognized by ancient hearers.

Who Wrote It and Why

The psalm carries the superscription 'A Psalm of David,' and is traditionally understood to have been written by David, Israel's shepherd-turned-king. While some modern scholars debate the precision of Davidic authorship for various psalms, there is no strong internal or external evidence overturning this long-standing attribution, and the shepherd imagery fits naturally with David's own biography. The original audience would have included worshippers in Israel who used the Psalms in personal devotion and corporate worship. The purpose of the psalm as a whole is to express confident trust in the LORD's provision and guidance through every season of life, including danger and uncertainty.

Within the flow of verses 1 through 4 specifically, the purpose is to establish the character of God as an active, personal shepherd—one who does not merely exist nearby, but who leads, restores, and remains present even in the darkest valley.

Words to Ponder

Shepherd

In this translation: shepherd
Original language: Hebrew
Original word: רָעָה
Transliteration: ra'ah
Concordance reference: H7462
Definition: To pasture, tend, graze, or shepherd a flock; care for and lead animals.
In this passage: Describes the LORD's role toward the psalmist—one who actively tends, feeds, guides, and protects, as a real shepherd would a flock.
Why it matters: The image moves God's care from abstract theology into a vivid, relational picture familiar to ancient hearers, emphasizing active, personal attention rather than distant oversight.
Takeaway: God's care for you is hands-on and personal, like a shepherd who knows and tends his sheep day by day.

Restoreth

In this translation: restoreth
Original language: Hebrew
Original word: שׁוּב
Transliteration: shuwb
Concordance reference: H7725
Definition: To turn back, return, bring back, or restore.
In this passage: Describes the shepherd's work of bringing the soul back to a right or renewed state, suggesting recovery from weariness or wandering.
Why it matters: It shows that spiritual renewal is something God initiates and accomplishes, not something the sheep achieves through its own effort.
Takeaway: When you feel worn down, God is able to bring you back to a place of renewal—restoration is His work, not something you must force on your own.

Still waters

In this translation: still waters
Original language: Hebrew
Original word: מֵי מְנֻחוֹת
Transliteration: mey menuchot
Concordance reference: H4496
Definition: Waters of rest or quietness; menuchah refers to a resting place or state of rest.
In this passage: Describes calm, safe water that the shepherd leads the flock toward—associated with rest rather than mere hydration.
Why it matters: The phrase ties physical provision (water) directly to the theme of rest, reinforcing that God's guidance leads toward places of peace, not just survival.
Takeaway: God doesn't just meet your basic needs—He leads you toward genuine rest, not just enough to get by.

Today's Devotional

There is something deeply comforting about the image of a shepherd. Sheep, by nature, are not known for finding their own way—they wander, they panic, they get stuck in places they cannot escape without help. And yet here, in one of the most beloved passages in all of Scripture, David does not describe God as a distant ruler watching from far away. He describes Him as a shepherd who is present, attentive, and active. 'He maketh me to lie down in green pastures: he leadeth me beside the still waters.' Notice the verbs. God *makes*. God *leads*.

Rest is not something the sheep stumble into on their own; it is something the shepherd intentionally provides. If you have been feeling worn thin by the pace of life, this is worth sitting with for a moment. Maybe you have been trying to manufacture your own peace—rearranging your schedule, searching for the right circumstances, waiting until things finally calm down before you can rest. But Psalm 23 offers a different picture. Peace is not something you have to earn or engineer by yourself. It is something a caring shepherd leads you toward. Even the valley of the shadow is not avoided in this psalm—it is walked through, with the shepherd present the whole way. That is the quiet promise embedded in these verses: God's care is not reserved only for the pleasant seasons. He restores the soul, guides along right paths, and remains close even when darkness presses in. Being still, then, is not about pretending life is easy. It is about trusting that Someone is leading, even when you cannot see where the path goes next.

Reflection Questions

1. In verses 1-4, what specific actions does the shepherd take on behalf of the sheep (notice the verbs: maketh, leadeth, restoreth, walketh with)?

2. What does it mean that the psalm describes God 'leading' to rest and still waters, rather than the sheep finding these places on their own?

3. Where in your life right now do you feel most like a weary sheep in need of green pastures or still waters?

4. If God is actively leading rather than passively watching, how might that change the way you respond to a season of weariness or fear this week?

Today's Prayer

Lord, You are described as a shepherd who leads, provides, and restores, and I need that truth today. There are places in my life that feel more like a dry field than a green pasture, more like noise than still water. I confess that I often try to find rest on my own terms, rushing ahead instead of letting You lead. Thank You that Your care is not distant or passive—You make, You lead, You restore. Even when I walk through valleys of worry or uncertainty, remind me that I am not walking through them alone. Help me to trust Your leading today, even in the one area of weariness I have been carrying. Lead me, Shepherd, to the rest only You can give. Amen.

Digging Deeper

Psalm 23:1-4 builds its message around a single sustained image: the relationship between a shepherd and a sheep. This is not simply decorative language; it carries theological weight. In verse 1, 'The LORD is my shepherd; I shall not want' establishes both relationship ('my shepherd') and sufficiency ('I shall not want'). The confidence expressed here is rooted in the character of the shepherd, not in the absence of difficulty. Verse 2 introduces two key actions —'maketh me to lie down' and 'leadeth me beside the still waters'—both of which are initiated by the shepherd, not the sheep. Sheep do not naturally choose to lie down unless they feel safe, free from fear, friction, and hunger; ancient shepherds were responsible for creating the very conditions that allowed rest to happen. This reflects the Learning Goal for today: God's care is personal and active. He does not leave His people to locate peace by themselves; He leads them there.

Verse 3 adds 'he restoreth my soul' and 'he leadeth me in the paths of righteousness for his name's sake,' connecting physical rest with inward renewal and moral guidance—rest and right living are not separated in this psalm, but held together under the shepherd's leading. Verse 4 shifts tone without losing confidence: 'Yea, though I walk through the valley of the shadow of death, I will fear no evil: for thou art with me.' The psalm does not promise an absence of danger or fear-inducing circumstances; it promises presence within them. This matters for the overall journey of this study. Day 1 introduced stillness as an invitation rather than a demand. Today's passage shows what that invitation looks like in practice—God is not simply asking us to stop moving; He is actively leading us toward rest, provision, and safety, even through hard terrain. Responsible application means recognizing that stillness is less about achieving a feeling and more about trusting the One who leads. The appropriate response is not self-generated calm, but surrendered trust in a shepherd whose care has already been demonstrated throughout Scripture.

My Reflection

Take a few quiet minutes with Psalm 23:1-4. Instead of rushing to apply the whole psalm at once, let your journaling today focus on one honest question: where do you need the Shepherd to lead you right now? Use the space below to slow down and reflect.

1. Write about a current area of weariness, fear, or restlessness. What would it look like to ask the Shepherd to lead you there, rather than trying to fix it on your own?

2. Reread verse 4. Is there a 'valley' you are currently walking through? Write a short, honest prayer acknowledging it and asking for God's presence within it, not just rescue from it.

3. Think of a time in the past when you sensed God's provision or guidance, even in a small way. How does remembering that moment shape your trust for today?

4. Psalm 23 describes rest as something the shepherd provides, not something the sheep create. Write about one practical way you can posture yourself to receive rest this week, rather than striving to produce it.

My Reflection

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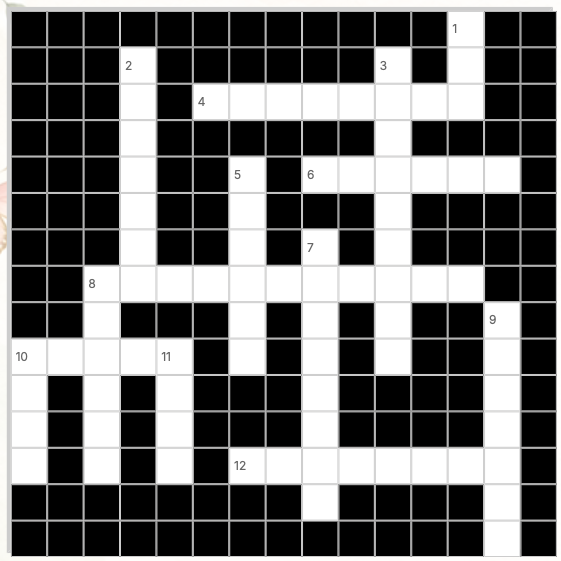
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My Reflection

My Reflection

Pause and Ponder — Day 2: The Shepherd Who Leads to Rest

Using the clues below, fill in the crossword grid. Across clues go left to right; Down clues go top to bottom.



ACROSS

4. To pasture, tend, graze, or shepherd a flock; care for and lead animals. (8)
6. Still ___: a place of calm provision the shepherd leads to (Psalm 23:2) (6)
8. Waters of rest or quietness; menuchah refers to a resting place or state of rest. (11)
10. Used with the rod to guide and protect the flock (Psalm 23:4) (5)
12. Being with someone; what the shepherd offers in the valley (Psalm 23:4) (8)

DOWN

1. Along with the staff, this brings comfort to the sheep (Psalm 23:4) (3)
2. What the rod and staff provide according to verse 4 (7)
3. To turn back, return, bring back, or restore. (9)
5. The ___ of the shadow of death, walked through but not feared (Psalm 23:4) (6)
7. Green ___: where the shepherd makes the sheep lie down (Psalm 23:2) (8)
8. A term describing deep darkness or danger in verse 4 (6)
9. What the shepherd does along paths of righteousness (Psalm 23:3) (7)
10. The part of a person that is restored by the shepherd (Psalm 23:3) (4)
11. What the psalmist says he will not feel, even in the valley (Psalm 23:4) (4)

Day 3

Perfect Peace, Fixed Mind

Isaiah 26:3-4 (KJV)

Key theme: Peace through a mind steadied on God

The reader explores the connection between a mind fixed on God and the experience of perfect peace, beginning the move from recognizing noise to resting in trust.

Today's Scripture

Isaiah 26:3-4 (KJV)

[3] Thou wilt keep him in perfect peace, whose mind is stayed on thee: because he trusteth in thee. [4] Trust ye in the LORD for ever: for in the LORD JEHOVAH is everlasting strength:

Setting of the Scripture

Isaiah 26 belongs to a section of Isaiah (chapters 24-27, sometimes called the 'Isaiah Apocalypse') that looks forward to God's ultimate judgment and deliverance. The chapter presents a song of praise that God's people will sing in the day of salvation. Isaiah 26:3-4 sits within this song, describing the security of the righteous nation whose gates are opened because they 'keep the truth' (v.2).

The prophet contrasts the fall of a proud, fortified city (v.5) with the steadfastness of those who trust in the LORD. This was written against a backdrop of real political anxiety—Judah faced threats from surrounding empires, and the temptation to find security in alliances, walls, or military strength was constant. Into that atmosphere, Isaiah declares that true peace and safety come not from fortified cities but from a heart fixed on God. Understanding this setting matters because it shows that 'perfect peace' was never meant as an abstract feeling; it was promised to real people living with real threats, which makes it deeply relevant to readers facing modern-day anxieties and uncertainties.

Who Wrote It and Why

The book of Isaiah is traditionally attributed to the prophet Isaiah, who ministered in Judah during the 8th century BC. Many scholars note the book contains material that reflects later historical circumstances (particularly in chapters 40-66), leading to ongoing scholarly discussion about composition and authorship across different parts of the book. Regardless of the composition questions, Isaiah 26 reflects prophetic material addressed to the covenant community of Judah, written to call them away from fear and self-reliance and toward trust in God's faithfulness. The purpose of this section is to assure God's people that He is a reliable refuge—an 'everlasting strength'—and that steadfast trust in Him, not external security, is the path to lasting peace. Within the broader book, this passage participates in Isaiah's recurring theme: nations and strongholds fail, but the LORD remains trustworthy forever.

Words to Ponder

Perfect peace

In this translation: perfect peace
Original language: Hebrew
Original word: שָׁלוֹם שָׁלוֹם
Transliteration: shalom shalom
Concordance reference: Strong's H7965
Definition: Completeness, wholeness, well-being; the repetition in the Hebrew text intensifies the sense of fullness or totality.
In this passage: Isaiah describes a peace that is full and complete, not partial or fragile, given to the one whose mind rests on God.
Why it matters: Understanding the repeated structure helps readers see that this is not a vague wish for calm but a promise of thorough, settled wholeness.
Takeaway: God offers not just a little peace, but peace in full measure, to those who trust Him.

Stayed

In this translation: stayed
Original language: Hebrew
Original word: סָמוּךְ
Transliteration: samuk
Concordance reference: Strong's H5564
Definition: To lean on, support oneself upon, or rest one's weight against something.
In this passage: The mind that is 'stayed' on God is one that leans its full weight on Him, like resting against a solid support.
Why it matters: This shows that peace comes through active reliance, not passive wishing—it is a deliberate posture of leaning on God.
Takeaway: Peace grows when we intentionally lean our thoughts and trust on God, rather than trying to carry worry alone.

Everlasting strength

In this translation: everlasting strength
Original language: Hebrew
Original word: צוּר עוֹלָמִים
Transliteration: tsur olamim
Definition: A phrase sometimes rendered 'Rock of Ages,' combining the idea of a rock (strength, stability) with the idea of everlasting duration.
In this passage: This phrase grounds the promise of peace in God's unchanging, enduring nature—He is a secure foundation that does not erode or fail.
Why it matters: The reliability of peace depends on the reliability of its source; because God's strength is everlasting, trust in Him is well-founded.
Takeaway: God's strength never runs out, so trusting Him is never a risk that outlives His faithfulness.

Today's Devotional

There is a kind of tiredness that has nothing to do with sleep. It's the tiredness of a mind that never quite settles—bouncing from one worry to the next, replaying conversations, rehearsing tomorrow's problems, scrolling through a hundred small anxieties before breakfast. If you know that kind of tired, Isaiah 26:3 was written for you.

'Thou wilt keep him in perfect peace, whose mind is stayed on thee: because he trusteth in thee.' Notice the order here. Peace doesn't come first and trust second. It's the other way around. The mind that is fixed—anchored, steadied, resting—on God is the mind that experiences peace, and that fixing happens through trust. Peace is not something we manufacture by trying harder to feel calm. It is the natural fruit of where our attention and confidence are planted.

Isaiah wrote these words to people who had real reasons to be afraid. Powerful empires loomed. Political alliances shifted. The ground beneath their feet felt unstable. And yet the prophet doesn't promise peace because the threats will disappear. He promises peace because God Himself is 'everlasting strength'—literally, in Hebrew thought, a rock that does not erode, does not shift, does not run out. The peace promised here isn't the absence of difficulty; it's the presence of an unshakeable anchor in the middle of a shakeable world.

This is good news for anyone whose life feels more like a hundred open tabs than a quiet room. You don't need to eliminate every stressor to find peace. You need somewhere trustworthy to fix your mind. Throughout the day—while waiting in traffic, before a hard conversation, in the middle of a sleepless night—you can practice the quiet redirection: 'Lord, I'm bringing my mind back to You.' That's not a magic formula. It's simply trust in action, one small turn of attention at a time.

Stillness, as this devotional series keeps reminding us, is not primarily about silence in the room. It's about where the mind lands when it's finally still. Today, let your mind find its resting place in the One who does not change, does not tire, and will not let you down.

Reflection Questions

1. What does Isaiah 26:3 say happens to the person whose mind is 'stayed' on God, and what reason does verse 4 give for trusting Him?

2. Why do you think Isaiah connects 'perfect peace' directly to trust rather than to the absence of danger or difficulty?

3. Where does your mind tend to wander when you're anxious or overwhelmed, and what would it look like to gently redirect it toward God in those moments?

Today's Prayer

Lord, You are the everlasting strength Isaiah described—unshaken, unchanging, utterly trustworthy. My mind so easily drifts toward worry, toward tomorrow, toward things I cannot control. Today, I want to practice what Your Word promises: that when my thoughts are fixed on You, peace follows—not because my circumstances have changed, but because You haven't. Teach me to notice when my mind wanders and to gently bring it back to You, again and again, as many times as it takes. I trust You, even when trust feels hard. Thank You that Your peace is not dependent on my strength to hold onto it, but on Your faithfulness to hold me. Amen.

Digging Deeper

Isaiah 26:3-4 offers one of Scripture's clearest statements about the relationship between the mind, trust, and peace. The Hebrew phrase often translated 'perfect peace' uses a repeated word (shalom shalom in some renderings), emphasizing completeness—peace upon peace, or peace in full measure. This is not a surface-level calm but a deep, settled wholeness, and Isaiah ties it to one specific condition: a mind that is 'stayed' on God. The word rendered 'stayed' carries the sense of leaning on or being supported by something—like leaning your full weight against a wall that can bear it. This is not passive drifting; it's active reliance.

Verse 4 grounds this promise in God's character: 'for in the LORD JEHOVAH is everlasting strength.' The phrase 'everlasting strength' has sometimes been rendered 'Rock of Ages,' pointing to permanence and unshakeable reliability. The logic of the passage is simple but profound: peace is possible because the object of our trust is dependable. If God's strength were temporary or conditional, the invitation to fix our minds on Him would be hollow comfort. But because His strength is 'everlasting,' the mind that leans on Him is leaning on something that will not give way.

This connects directly to the learning goal for today: peace is not an independent commodity we chase; it is tied to where the mind is anchored. A ship does not drift calmly because the sea is calm—it holds steady because its anchor is secure. In the same way, the believer's peace is secured not by calm circumstances but by a fixed, trusting orientation toward God.

For application, this means the practice of 'fixing the mind' on God is not a one-time decision but an ongoing, repeated choice—much like physical training. Every time a worried thought surfaces, there is an opportunity to practice trust by redirecting attention back to God's character and promises. This fits within the broader movement of this study: having recognized God as the Shepherd who leads us to rest (Day 2), we now learn the inward posture—a mind anchored in trust—that makes resting in His presence possible. Tomorrow's study will build on this by exploring what it means to trust God beyond our own understanding, deepening the surrender this day begins to introduce.

My Reflection

Take a few quiet moments to consider where your mind naturally goes when it's unoccupied—worry, planning, replaying the past, or dreaming about the future. This is a gentle, honest space to notice those patterns and practice turning your thoughts toward the God who offers perfect peace to those who trust Him.

1. When you think back over the last 24 hours, where did your mind spend most of its 'unoccupied' time? What does this reveal about where your trust tends to rest?
2. Write about a specific worry you are currently carrying. What would it look like, practically, to 'fix your mind' on God regarding this particular concern?
3. Isaiah ties peace directly to trust. Is there an area of your life where you find trusting God difficult? Be honest about that struggle in writing.

4. Consider one practical cue you could use today (a word, a verse, a pause) to redirect your mind toward God when it starts to wander. Write it down and describe how you'll use it.

My Reflection

1. When you think back over the last 24 hours, where did your mind spend most of its 'unoccupied' time? What does this reveal about where your trust tends to rest?

2. Write about a specific worry you are currently carrying. What would it look like, practically, to 'fix your mind' on God regarding this particular concern?

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4. Consider one practical cue you could use today (a word, a verse, a pause) to redirect your mind toward God when it starts to wander. Write it down and describe how you'll use it.

My Reflection

My Reflection

Pause and Ponder — Day 3: Perfect Peace, Fixed Mind

Fixed on Him: A Matching Study

Find and circle all the listed words. Then read the unused letters from left to right, top to bottom, to discover the hidden message.

T	N	E	A	H	A	S	I	R	N	L	A	K	E	E	P	T	E	L	T
E	T	V	L	O	C	I	T	O	H	E	B	L	S	U	R	E	I	U	E
I	G	E	T	V	N	Y	H	A	B	W	E	T	N	C	T	V	A	T	B
S	E	R	C	P	K	E	O	S	Y	D	S	F	U	A	R	T	E	L	R
H	P	L	A	E	M	S	A	U	S	E	W	T	D	L	U	N	H	A	D
L	S	A	T	R	T	W	N	R	E	U	D	S	H	E	S	A	K	N	T
E	F	S	R	F	P	H	T	E	D	T	P	I	C	H	T	N	I	B	N
H	I	T	O	E	A	M	N	D	I	O	R	P	I	P	A	M	E	I	E
L	U	I	U	C	F	D	A	S	E	S	N	M	A	N	I	E	D	M	T
D	H	N	B	T	S	A	E	Z	T	F	C	W	O	E	V	P	M	A	E
M	E	G	L	P	O	D	I	E	O	S	A	E	T	Y	D	I	B	E	N
A	R	S	E	E	L	I	U	T	S	U	R	A	R	P	A	S	C	R	A
S	I	T	N	A	G	S	D	L	H	T	E	W	D	E	D	A	O	D	N
B	T	R	M	C	D	N	K	H	R	F	L	N	E	S	T	I	K	R	A
N	O	E	V	E	T	C	S	O	D	E	U	E	A	E	R	A	S	I	S
W	P	N	O	U	O	N	I	U	R	N	R	L	G	O	U	S	E	O	E
D	S	G	C	R	S	L	S	I	C	L	W	Y	N	A	E	G	M	P	H
H	O	T	I	E	T	U	T	S	W	N	S	E	W	E	N	H	E	T	A
F	T	H	F	W	E	D	Y	E	T	A	W	P	H	I	S	I	H	N	T
I	P	L	O	R	D	J	E	H	O	V	A	H	S	P	N	S	R	D	R

Words to Find

Everlasting strength
Faithfulness
Trouble
Trust
Rock
Perfect peace
LORD JEHOVAH
Stayed
Mind
Keep

Hidden Message

_ _ _ _ _ _ _ _ _ _ _ _ _ _ _

Day 4

Trusting Beyond Understanding

Proverbs 3:5-6 (KJV)

Key theme: Surrendering self-reliance for trust in God

The reader examines the call to trust God fully rather than relying solely on personal understanding, deepening the theme of surrender introduced in Isaiah 26.

Today's Scripture

Proverbs 3:5-6 (KJV)

[5] ¶ Trust in the LORD with all thine heart; and lean not unto thine own understanding. [6] In all thy ways acknowledge him, and he shall direct thy paths.

Setting of the Scripture

Proverbs 3:5-6 belongs to the opening section of the book of Proverbs (chapters 1–9), which reads less like a historical narrative and more like a father's extended instruction to his son on how to live wisely before God. There is no specific historical event or geographic location tied to this passage; instead, it sits within a larger poem urging the young reader to value wisdom above wealth, status, or self-sufficiency.

The verses come right after an exhortation not to forget the father's teaching and to let mercy and truth guide one's life. In the ancient Near Eastern world, wisdom instruction like this was a common literary form, often passed from parent to child or teacher to student, meant to shape character and everyday decision-making rather than record a single moment in history. Understanding this setting matters because it reminds us that Proverbs 3:5-6 is practical, everyday wisdom meant to be lived out continually, not a one-time dramatic command tied to a crisis.

Who Wrote It and Why

Proverbs 1:1 attributes the book to Solomon, and tradition has long associated much of its content with him, especially given his reputation for wisdom (1 Kings 4:29-34). However, careful readers of Scripture note that Proverbs is best understood as a compiled collection, drawing together sayings attributed to Solomon alongside other wise voices mentioned later in the book, such as 'the words of the wise' and others, with final compilation occurring over time. Where authorship is uncertain, it is honest to acknowledge that uncertainty rather than claim unanimous scholarly agreement. What remains clear is the purpose: Proverbs was written to instruct God's people—originally the covenant community of Israel, and by extension all who read it today—in practical, godly living. Within chapter 3, the purpose of this particular passage is to teach that true wisdom begins not with human cleverness but with wholehearted trust in the LORD, even when circumstances or understanding fall short.

Words to Ponder

Trust

In this translation: trust
Original language: Hebrew
Original word: בָּטַח
Transliteration: batach
Concordance reference: H982
Definition: To trust, to have confidence in, to feel safe or secure by relying on someone or something.
In this passage: Here the word calls for wholehearted confidence placed in the LORD rather than in oneself, forming the foundation of the verse's instruction.
Why it matters: The strength of this word suggests more than casual belief—it describes a settled, secure reliance that shapes how a person actually lives and makes decisions.
Takeaway: Biblical trust is an active, whole-person confidence in God, not a passive feeling or a partial hedge.

Lean

In this translation: lean
Original language: Hebrew
Original word: שָׁעַן
Transliteration: sha'an
Concordance reference: H8172
Definition: To lean upon, rely on, or support oneself by means of something.
In this passage: The verse instructs the reader not to lean on personal understanding, picturing the danger of putting one's full weight on something not meant to hold it.
Why it matters: The imagery of leaning highlights how naturally we default to supporting ourselves with our own reasoning, and why Scripture calls us to redirect that reliance toward God.
Takeaway: We are wired to lean on something for support; the question is whether we are leaning on our own limited understanding or on God's trustworthy character.

Acknowledge

In this translation: acknowledge
Original language: Hebrew
Original word: יָדַע
Transliteration: yada
Concordance reference: H3045
Definition: To know, perceive, recognize, or be acquainted with, often implying an intimate or relational knowledge rather than mere factual awareness.
In this passage: In this context, acknowledging God in all our ways points to an ongoing, relational awareness of Him woven through everyday decisions, not simply intellectual acknowledgment of His existence.
Why it matters: This word reminds us that trust is meant to be practiced continually in the details of life, not reserved only for major crises or formal prayer times.
Takeaway: Acknowledging God means inviting Him into the ordinary moments of your day, not just the dramatic ones.

Today's Devotional

There is a particular kind of exhaustion that comes from trying to figure everything out on your own. You weigh the options, replay the conversations, search for the safest path, and still the way forward feels unclear. Proverbs 3:5-6 meets us right there, not with a formula for solving our problems, but with an invitation to shift where we place our confidence.

Trust in the LORD with all thine heart; and lean not unto thine own understanding. This is not a command to stop thinking or stop using wisdom God has given us. It is a command to stop treating our own perspective as the final authority. Our understanding is limited—shaped by incomplete information, fear, past wounds, and the narrow view of someone who cannot see the whole story. God's understanding is not limited in that way. When we lean fully on our own reasoning, we are leaning on something that was never meant to bear that much weight.

Notice the wholeness the verse asks for: trust with all thine heart. Not trust that negotiates a few conditions first. Not trust that keeps one hand on the steering wheel just in case. This is the same wholehearted surrender we have been exploring through this part of the study—resting in God's presence instead of white-knuckling our way through uncertainty.

Then comes the practical turn: in all thy ways acknowledge him. This is bigger than occasional prayer before big decisions. It is a posture of continually recognizing God in the small choices, the daily worries, the ordinary moments where we are tempted to assume we have to handle things alone. And the promise that follows is not that life will suddenly make sense, but that He shall direct thy paths. The step-by-step guidance is God's responsibility; the trust and acknowledgment are ours.

If you are carrying a decision or a worry today that you have been quietly trying to solve through sheer mental effort, this verse offers a gentler way. You do not have to arrive at full understanding before you find peace. You are invited to release the need to understand everything and instead entrust the outcome to the One who already does.

Reflection Questions

1. What specific instructions does Proverbs 3:5-6 give, and what does it ask the reader to do instead of relying on their own understanding?

2. Why do you think Scripture draws such a clear contrast between trusting God 'with all thine heart' and leaning on 'thine own understanding'?

3. Is there a current decision, worry, or uncertain situation where you have been relying mainly on your own reasoning rather than bringing it honestly to God in trust and prayer?

Today's Prayer

Lord, You see the whole picture, even when I can only see a few pieces. Thank You for inviting me to trust You with all my heart instead of carrying the weight of figuring everything out alone. Right now, I bring before You the situation I have been trying so hard to control and understand on my own. I confess that I often lean on my own reasoning before I turn to You. Teach me to acknowledge You first—in this decision, in this worry, in the ordinary moments of today. I cannot see where this path leads, but I trust that You can direct my steps.

Help me to release what I cannot control and rest in Your presence instead. Thank You for being faithful even when my understanding falls short. In Jesus' name, Amen.

Digging Deeper

Proverbs 3:5-6 is one of the most familiar verses in Scripture, and its familiarity can sometimes cause us to skim past its depth. Set within the father's instruction to his son in the early chapters of Proverbs, this passage distills the book's larger message: the fear of the LORD is the beginning of wisdom (Proverbs 1:7), and true wisdom is relational trust, not merely intellectual knowledge.

The passage contains four key movements. First, trust in the LORD with all thine heart calls for a complete, undivided confidence placed in God rather than a partial or conditional reliance. Second, lean not unto thine own understanding warns against making personal perception the final authority for navigating life; this does not dismiss human reasoning as worthless, but it refuses to let it replace dependence on God. Third, in all thy ways acknowledge him broadens trust beyond isolated moments of crisis into a continual, everyday awareness of God's presence and involvement. Finally, he shall direct thy paths offers the promise that guidance belongs to God's responsibility once trust and acknowledgment are offered—not as a guarantee of an easy or trouble-free path, but as an assurance that God actively guides those who surrender their own need for control.

This connects directly to the broader theme of surrender we have been exploring in this part of the study. Day 3 considered how a mind fixed on God leads to peace (Isaiah 26:3); Day 4 deepens that truth by showing that peace is not passive—it requires an active choice to relinquish self-reliance. Trusting God is not the absence of effort; it is the redirection of our effort away from anxious self-management and toward humble dependence.

Responsible application means neither treating this verse as a magic formula for guaranteed outcomes, nor reducing it to a vague sentiment. It is a call to practice ongoing trust: naming our worries honestly before God, acknowledging His presence in decisions large and small, and resisting the urge to force clarity before we are willing to surrender. As we move toward tomorrow's focus on resting in Christ's invitation to the weary, this passage lays important groundwork—trust is the posture that makes rest possible.

My Reflection

Take a few quiet moments to sit with Proverbs 3:5-6. Rather than rushing to apply it broadly, let these journal prompts help you bring one real, specific situation before God. Write honestly; this space is for reflection between you and Him, not for having all the answers figured out.

1. What is one decision or worry you are currently facing where you have been relying mostly on your own understanding? Describe it honestly.
2. What makes it difficult for you to trust God fully in this particular situation?

3. What would it look like, practically, for you to 'acknowledge Him' in this circumstance today?

4. Write a short prayer of surrender, releasing this situation into God's hands and asking Him to direct your next step.

My Reflection

1. What is one decision or worry you are currently facing where you have been relying mostly on your own understanding? Describe it honestly.

2. What makes it difficult for you to trust God fully in this particular situation?

3. What would it look like, practically, for you to 'acknowledge Him' in this circumstance today?

4. Write a short prayer of surrender, releasing this situation into God's hands and asking Him to direct your next step.

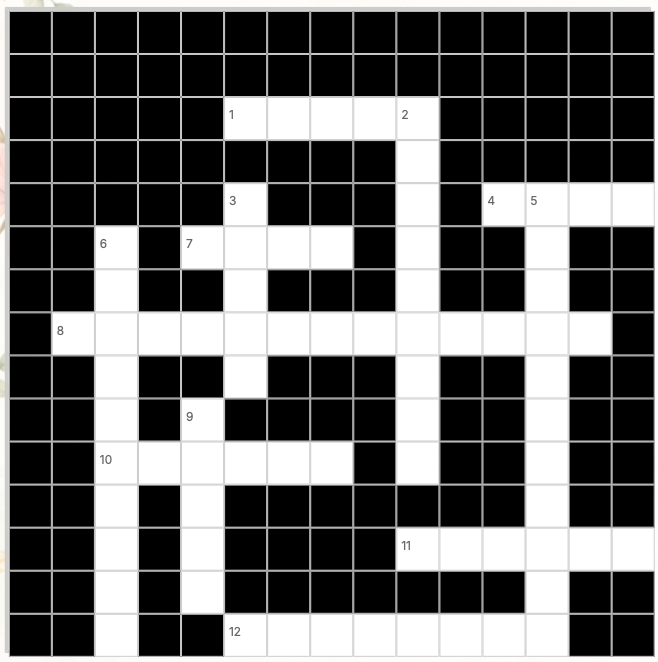
My Reflection

My Reflection

Pause and Ponder — Day 4: Trusting Beyond Understanding

Trusting Beyond Understanding

Using the clues below, fill in the crossword grid. Across clues go left to right; Down clues go top to bottom.



ACROSS

1. The course or journey of a person's life that God promises to guide. (5)
4. The everyday decisions and circumstances of daily life referred to in the passage. (4)
7. To lean upon, rely on, or support oneself by means of something. (4)
8. Human reasoning or perception, which has limits and should not replace trust in God. (13)
10. What God promises to do with our steps once we trust and acknowledge Him. (6)
11. The practical skill of applying God's truth to daily living, a major theme of Proverbs. (6)
12. Being aware of and resting in God's nearness, a key theme of this study. (8)

DOWN

2. The act of releasing control of a situation into God's hands. (9)
3. The inner center of a person's will and devotion, called to be fully given to God. (5)
5. To know, perceive, recognize, or be acquainted with, often implying an intimate or relational knowledge rather than mere factual awareness. (11)
6. A settled assurance that does not depend on having every answer. (10)
9. To trust, to have confidence in, to feel safe or secure by relying on someone or something. (5)

Day 5

Rest for the Weary Soul

Matthew 11:28-30 (KJV)

Key theme: Finding true rest through surrender to Christ

The reader reflects on Jesus' invitation to bring weariness and burdens to Him in exchange for rest, completing the movement into resting confidently in God's presence.

Today's Scripture

Matthew 11:28-30 (KJV)

[28] ¶ Come unto me, all ye that labour and are heavy laden, and I will give you rest. [29] Take my yoke upon you, and learn of me; for I am meek and lowly in heart: and ye shall find rest unto your souls. [30] For my yoke is easy, and my burden is light.

Setting of the Scripture

Matthew 11:28-30 falls within a section of Matthew's Gospel where Jesus is responding to questioning, unbelief, and the weight of religious expectation surrounding Him.

Just prior to this passage, Jesus has spoken about John the Baptist, expressed frustration that the people of certain towns did not respond to His works, and offered a prayer of thanksgiving to the Father for revealing truth to 'babes' rather than the proud and self-sufficient. It is within this context that Jesus extends one of the most tender invitations in all of Scripture: 'Come unto me, all ye that labour and are heavy laden, and I will give you rest.' The original hearers were largely Jewish people living under the weight of religious law, as interpreted and often expanded by the religious teachers of the day. Rabbis commonly spoke of the 'yoke of the law' or the 'yoke of the kingdom,' referring to the discipline of following God's commands. Many of these added traditions created heavy burdens of obligation. Jesus' invitation is set against this backdrop—He does not abolish the call to discipleship, but He reframes it. His yoke, He says, is 'easy,' and His burden is 'light.' This matters because it shows that Jesus is not simply offering sentimental comfort; He is addressing a real, culturally understood weight that people carried and offering Himself as the better way to carry life's load.

Who Wrote It and Why

The Gospel of Matthew is traditionally attributed to Matthew (also called Levi), one of the twelve apostles and a former tax collector. While some modern scholars debate the precise authorship details, the early church consistently affirmed Matthew's connection to this Gospel, and nothing in the text contradicts that tradition. Matthew wrote with a particular concern for demonstrating that Jesus is the promised Messiah, often connecting Jesus' life and teaching to Hebrew Scripture.

The Gospel's original audience appears to have included many Jewish believers who needed to understand how Jesus fulfilled the Law and the Prophets while also inaugurating something new. Within this larger purpose, Matthew 11:28-30 serves as a pivotal moment where Jesus personally and directly invites the weary to find rest in Him rather than in exhausting self-effort or external religious systems. The purpose of this specific passage is pastoral and relational: Jesus is revealing His own character—gentle and lowly in heart—as the basis for the rest He offers.

Words to Ponder

labour

In this translation: labour
Original language: Greek
Original word: κοπιῶντες
Transliteration: kopiōntes
Concordance reference: Strong's G2872 (kopiaō)
Definition: To grow weary from work or exertion; to toil to the point of exhaustion.
In this passage: Describes those Jesus addresses as being worn out from the effort and strain of life, whether physical, emotional, or spiritual.
Why it matters: It shows that Jesus' invitation is specifically directed toward those who are depleted, not those who have everything under control.
Takeaway: Jesus speaks directly to exhaustion, not just to those who feel spiritually strong.

heavy laden

In this translation: heavy laden
Original language: Greek
Original word: πεφορτισμένοι
Transliteration: pephortismenoi
Concordance reference: Strong's G5412 (phortizō)
Definition: To be loaded down or burdened, as with a heavy weight placed upon someone.
In this passage: Describes people who are carrying burdens placed on them, whether by circumstances, others, or self-imposed pressure.
Why it matters: It highlights that some burdens are not self-created but are imposed, and Jesus invites all such people—without exception—to come to Him.
Takeaway: Whatever is weighing you down, Jesus' invitation is wide enough to include it.

yoke

In this translation: yoke
Original language: Greek
Original word: ζυγός
Transliteration: zygos
Concordance reference: Strong's G2218 (zygos)
Definition: A wooden bar or frame joining two work animals together so they can share the labor of pulling a load.
In this passage: Jesus uses the image of a yoke to describe a shared partnership of labor between Himself and the believer, rather than a solitary burden.
Why it matters: It reframes discipleship as companionship with Christ rather than isolated self-effort.
Takeaway: Following Jesus means walking alongside Him, not carrying life's weight by yourself.

Today's Devotional

There is a particular kind of tiredness that sleep cannot fix. It settles into the shoulders, the mind, the spirit. It comes from carrying responsibilities that never seem to end, trying to hold everything together, or quietly believing that if we just try a little harder, things will finally feel manageable. Into that exact kind of weariness, Jesus speaks: 'Come unto me, all ye that labour and are heavy laden, and I will give you rest.' Notice that Jesus does not say, 'Fix yourself, and then come.' He does not ask for polished effort or perfect composure before approaching Him.

He invites the labouring and the heavy laden—people who are already tired, already strained, already carrying more than they can manage. This is where so many of us live. We carry burdens of responsibility, worry, old wounds, expectations we place on ourselves, or pressures others have placed on us. And often, instead of coming to Jesus with these burdens, we try to manage them alone, believing that surviving under the weight is simply what faithfulness looks like. But Jesus offers something different—not more effort, but an exchange. He says, 'Take my yoke upon you, and learn of me.' A yoke was a tool of shared labor, placed on two animals working together so that neither carried the full load alone. When Jesus invites us to take His yoke, He is not asking us to carry more; He is inviting us to stop carrying alone. He walks with us, matching His strength to our weakness, His wisdom to our confusion, His steadiness to our anxiety. And remarkably, He describes this yoke as 'easy' and this burden as 'light'—not because life's circumstances become effortless, but because we are no longer bearing them in isolation or under our own strength. This is the quiet center of resting in God's presence: trust that allows us to loosen our grip. Today, Jesus is not asking you to pretend the burden is gone. He is asking you to bring it to Him, honestly, and to let Him carry it with you.

Reflection Questions

1. In this passage, what does Jesus actually invite the weary and burdened to do, and what does He promise in return?

2. What do you think it means that Jesus describes His yoke as 'easy' and His burden as 'light'—especially since life's responsibilities don't disappear?

3. Where do you sense the weight of 'labour' or being 'heavy laden' most in your own life right now?

4. What would it look like, practically, for you to bring one specific burden to Jesus today and consciously leave it with Him rather than carrying it alone?

Today's Prayer

Lord Jesus, You see the weight I carry—some of it from circumstances, some from expectations, some from my own striving to hold everything together. Thank You for inviting me to come to You honestly, without pretending to be stronger than I am. Today I bring before You the burden of _____, and I ask You to help me truly leave it in Your hands rather than picking it back up. Teach me what it means to walk in step with You, trusting Your strength instead of relying only on my own. Thank You that Your yoke is not meant to crush me, but to steady me. Give me rest for my soul, Lord, and help me trust that You are gentle and willing to carry this with me. In Your name I pray, Amen.

Digging Deeper

At the heart of Matthew 11:28-30 is a contrast between two ways of carrying life's weight: human self-effort and surrendered partnership with Christ. The religious culture surrounding Jesus' original audience often equated faithfulness with rigorous adherence to detailed interpretations of the Law, creating a heavy relational and spiritual burden.

Jesus does not dismiss the importance of following God's ways, but He reframes the source of strength behind that obedience. Rather than offering a lighter set of rules, He offers Himself—His presence, character, and companionship—as the means by which burdens become bearable. The image of the yoke is significant: yokes were typically used for two work animals joined together, sharing the load. When Jesus says 'take my yoke upon you,' He is describing a shared labor, not a solo one. He also says 'learn of me,' indicating that rest is tied to relationship and ongoing discipleship, not a one-time emotional relief. Jesus describes Himself as 'meek and lowly in heart'—a description that matters deeply, because it tells us the character of the one inviting us to rest. This is not a demanding taskmaster but a gentle companion. The 'rest unto your souls' that Jesus promises is not merely physical relief, but a deep inner steadiness that comes from trusting Him with what we cannot control or carry alone. This connects directly to Part 2's broader theme of resting in God's sovereignty: true rest is not found in eliminating burdens, but in bringing them to Christ and trusting His strength to help carry them. This is the practical outworking of surrender—not passive resignation, but active, ongoing trust expressed through relationship with Jesus.

My Reflection

Take a few quiet moments to sit with Jesus' invitation to rest. Let these prompts help you identify what you are carrying and what it might look like to intentionally hand it over to Him today.

1. What burdens—practical, emotional, or spiritual—have I been carrying largely on my own?

2. When I imagine Jesus saying 'come unto me' directly to me, what is my honest response?

3. What might it look like this week to 'take His yoke'—to walk in step with Him rather than striving alone?

4. What would change in my daily life if I truly believed rest for my soul was available to me right now?

My Reflection

1. What burdens—practical, emotional, or spiritual—have I been carrying largely on my own?

2. When I imagine Jesus saying 'come unto me' directly to me, what is my honest response?

3. What might it look like this week to 'take His yoke'—to walk in step with Him rather than striving alone?

4. What would change in my daily life if I truly believed rest for my soul was available to me right now?

My Reflection

My Reflection

Pause and Ponder — Day 5: Rest for the Weary Soul

Rest for the Weary Soul: Word Search

Find each word from today's Scripture and teaching hidden in the puzzle grid. As you search, let each word remind you of Jesus' invitation to rest. After finding all the words, use the leftover letters (as indicated by the puzzle designer) to reveal a hidden message connected to today's theme.

A	R	N	E	A	V	F	P	N	B	A	E	U	R	O
O	B	U	R	D	E	N	U	R	H	N	S	H	N	H
R	D	S	N	Y	I	L	R	L	Y	U	W	C	E	O
L	H	E	V	A	G	U	A	L	A	T	D	O	T	H
C	T	O	A	N	M	A	W	D	Y	B	Y	M	A	M
L	A	L	R	I	E	O	T	V	E	S	O	E	C	E
N	E	T	W	X	L	H	A	R	A	N	E	U	O	E
S	N	A	E	A	G	E	B	E	O	S	L	G	R	K
T	L	E	R	I	H	S	I	K	C	U	N	L	S	A
L	T	A	L	N	U	E	U	V	O	A	C	E	H	I
O	R	P	E	A	T	L	O	S	E	I	H	R	D	Z
I	U	L	W	O	S	H	U	E	F	A	Y	O	K	E
A	S	I	E	T	I	N	I	H	T	R	M	S	E	T
E	T	R	V	R	N	A	E	O	R	E	S	T	H	R
I	N	O	T	M	U	I	A	L	O	T	L	A	O	U

Words to Find

LABOUR
LADEN
LEARN
YOKE
SOUL
BURDEN
LIGHT
TRUST
EASY
COME
HEAVY
LOWLY
REST
MEEK

Day 6

Peace That Guards the Heart

Philippians 4:6-7 (KJV)

Key theme: Exchanging anxiety for God's guarding peace through prayer

The reader explores how bringing anxieties to God through prayer and thanksgiving results in a peace that surpasses understanding, guarding both heart and mind.

Today's Scripture

Philippians 4:6-7 (KJV)

[6] Be careful for nothing; but in every thing by prayer and supplication with thanksgiving let your requests be made known unto God. [7] And the peace of God, which passeth all understanding, shall keep your hearts and minds through Christ Jesus.

Setting of the Scripture

Philippians 4:6-7 comes near the close of one of Paul's warmest and most personal letters. Paul writes to the church at Philippi, a congregation in Macedonia that he had planted years earlier and that held a special place in his heart because of their partnership in the gospel and their generosity toward him.

By the time of this letter, Paul is writing from imprisonment, likely in Rome, though some scholars note the location cannot be stated with full certainty. Despite his chains, the letter is marked by joy, contentment, and trust in God. Chapter 4 contains Paul's final practical exhortations before he closes the letter. Just before this passage, he urges believers to rejoice in the Lord always and to let their gentleness be evident to all, 'for the Lord is at hand.' It is in this context of nearness to the Lord and uncertainty about his own future that Paul tells the Philippians not to be anxious, but to bring everything to God in prayer. The setting matters because these are not detached words from someone untouched by hardship; they come from a man who knew confinement, danger, and uncertainty, and who had learned to find peace not in his circumstances but in God's presence.

Who Wrote It and Why

Philippians is traditionally and widely accepted as having been written by the apostle Paul, and this authorship is not seriously disputed among scholars. Paul wrote to the believers in Philippi, a church he had a close and affectionate relationship with, partly to thank them for a gift they had sent him, to update them on his circumstances during imprisonment, and to encourage them toward unity, joy, and steadfastness in the face of opposition. Within this broader purpose, Philippians 4:6-7 serves as part of Paul's closing pastoral counsel. Having urged the church toward joy and gentleness, he now addresses the natural human experience of worry and anxiety directly, offering prayer and thanksgiving as the God-given alternative.

His purpose here is deeply practical: to show a group of real people, facing real pressures, how peace with God is meant to be lived out moment by moment, not simply believed in theory.

Words to Ponder

Careful

In this translation: careful
Original language: Greek
Original word: μεριμνάω
Transliteration: merimnaō
Concordance reference: Strong's G3309
Definition: To be anxious, worried, or pulled in different directions by concern
In this passage: Paul uses this word to describe the anxious, fragmented state of mind he instructs believers to set aside, replacing it with prayer
Why it matters: The word pictures worry as something that divides and scatters the mind, helping us see anxiety as a condition to be addressed through prayer rather than simply endured
Takeaway: Anxiety pulls your mind in different directions; prayer is the way Paul says to gather those scattered thoughts and bring them to God

Supplication

In this translation: supplication
Original language: Greek
Original word: δέησις
Transliteration: deēsis
Concordance reference: Strong's G1162
Definition: An earnest, specific request or petition, often expressing genuine personal need
In this passage: Paired with prayer and thanksgiving, supplication represents the honest, specific asking believers are invited to bring before God
Why it matters: It shows that prayer in this passage is not vague or formal, but personal and specific, inviting real honesty about real needs
Takeaway: You are invited to bring specific, honest requests to God, not just general or polite prayers

Keep

In this translation: keep
Original language: Greek
Original word: φρουρέω
Transliteration: phroureō
Concordance reference: Strong's G5432
Definition: To guard or protect, as a military garrison guards a city
In this passage: Describes how the peace of God will actively guard the heart and mind of the believer who prays with thanksgiving
Why it matters: The military image shows that God's peace is not passive; it actively stands watch over our inner life, protecting against being overrun by anxiety
Takeaway: God's peace is meant to stand guard over your heart and mind, like a watchman protecting a city

Today's Devotional

There is a particular kind of tiredness that comes not from physical labor but from carrying things we were never meant to carry alone. Maybe it is a decision you cannot make peace with, a relationship that feels fragile, a financial pressure that keeps circling back at night, or simply the low hum of worry that never fully goes away. Paul knew something about carrying weight. He wrote these words from a prison cell, uncertain of his future, yet he does not tell the Philippians to suppress their anxiety or pretend it away. He tells them what to do with it: bring it to God.

'Be careful for nothing,' he writes, using a word that pictures a mind pulled apart, divided and fragmented by worry. Instead of letting anxiety scatter your thoughts in every direction, Paul says, gather them up and bring them, 'by prayer and supplication, with thanksgiving,' directly to God. Notice that this is not a passive hope that things will work out. It is an active movement of the heart, a deliberate handing over of what we cannot control to the One who can. And notice, too, that thanksgiving is woven into the instruction. Gratitude does not deny the difficulty of a situation, but it does reorient the heart toward God's faithfulness even in the middle of it. What follows is a promise, though not the promise we might expect. Paul does not say the circumstance will be resolved the way we want, or even resolved at all right away. He says the peace of God, a peace that exceeds human understanding, will guard the heart and mind in Christ Jesus. This is the heart of the matter: God's peace is not the absence of trouble, but a guarding presence that stands watch over us in the middle of trouble. After resting in Christ's invitation yesterday, today's passage shows us what that rest looks like in motion, in the ordinary, repeated act of prayer. It is a peace that does not wait for the outcome to feel settled first. If you are carrying something heavy today, you do not need to have the right words or a tidy resolution before you pray. You simply need to bring it, honestly, with whatever gratitude you can find, and let God's peace take up its post at the door of your heart and mind.

Reflection Questions

1. In Philippians 4:6-7, what specific instructions does Paul give for what to do instead of being anxious, and what does he say the result will be?

2. What does it mean that this peace 'passeth all understanding' and that it 'keeps,' or guards, the heart and mind, rather than simply removing the problem that caused the anxiety?

3. Think of a worry you are currently carrying. What might it look like this week to bring that specific concern to God in prayer with thanksgiving, rather than trying to manage or control the outcome yourself?

Today's Prayer

Lord, You already know the things that weigh on my mind before I even find the words for them. Thank You for inviting me to bring everything to You, not just the requests that feel acceptable or small, but the real worries I carry. Teach me to come to You honestly, the way Paul describes, with prayer, with supplication, and with thanksgiving, even when thanksgiving does not come easily. I confess that I often try to hold onto control, as if peace will come only once I have solved the problem myself. Help me instead to release what I cannot carry and to trust You with what happens next. Thank You for Your promise that Your peace is not dependent on my circumstances being resolved, but that it stands guard over my heart and mind through Christ Jesus. Settle my scattered thoughts. Guard me today. And help me carry this quiet trust with me as I go about the ordinary moments of this day. In Jesus' name, Amen.

Digging Deeper

To understand Philippians 4:6-7 well, it helps to see how closely its vocabulary connects to its message.

Paul begins by telling believers to 'be careful for nothing,' using a Greek word, merimnao, that describes a mind being pulled in different directions, torn and divided by worry. This is not a command to feel nothing; it is an invitation to stop letting anxiety scatter and fragment the inner life. In place of that fragmentation, Paul offers prayer and supplication. The word translated 'supplication,' deesis, describes an earnest, specific request, not a vague religious gesture but a genuine asking rooted in real need. Significantly, Paul pairs this asking with thanksgiving, a reminder that gratitude and honest need are meant to be brought to God together, not as opposites. The result Paul describes is striking: a peace that 'passeth all understanding,' meaning it exceeds or surpasses human reasoning, and this peace will 'keep' the heart and mind. The word translated 'keep,' phroureo, was used in Paul's day as a military term, describing a garrison standing guard over a city. This is not a decorative image. Paul is telling the Philippians, and us, that God's peace functions like a guard stationed at the entrance of our inner life, protecting the heart and mind, the seat of emotion and the seat of thought, from being overrun by anxiety. This connects directly to the learning goal of this day's study: God's peace is not merely the absence of difficulty, but an active, guarding presence that is received through prayerful surrender rather than through solving every problem first. It also fits naturally into the larger movement of this devotional. Yesterday's passage invited us to bring our weariness to Christ and find rest in Him. Today's passage shows what that rest looks like practiced daily, in the specific, repeated discipline of prayer. Tomorrow's focus will carry this further, considering how Jesus' gift of peace differs from the peace the world offers, and how this settled trust can be carried into ordinary life long after this study ends.

The responsible application here is not a formula that guarantees instant emotional calm, nor a promise that every circumstance will be resolved as we wish. Rather, it is a steady, repeatable practice: when anxiety rises, bring it to God honestly, include thanksgiving even when it is difficult, and trust that His peace will stand guard over your heart and mind, not because the outward situation has necessarily changed, but because you have placed yourself, once again, in His presence.

My Reflection

Take a few quiet minutes to sit with Philippians 4:6-7 and consider what it might look like to actually practice this passage this week, rather than simply admire it. Use the space below to name what is weighing on you honestly before God, and to notice where thanksgiving might still have room to grow even in the middle of real concern.

1. What is one specific worry or anxious thought that has been occupying your mind lately? Try writing it out in plain, honest words, as if you were speaking directly to God.
2. Where do you notice yourself trying to control an outcome rather than surrendering it to God in prayer? What would it look like to release your grip on that outcome, even slightly, today?
3. Even in the middle of this concern, is there anything you can genuinely thank God for right now? Write down even one or two small things.

4. Peace that 'passeth understanding' guards the heart and mind. What would it look like, practically, for you to carry this kind of guarded peace into tomorrow's ordinary tasks and conversations?

My Reflection

1. What is one specific worry or anxious thought that has been occupying your mind lately? Try writing it out in plain, honest words, as if you were speaking directly to God.

2. Where do you notice yourself trying to control an outcome rather than surrendering it to God in prayer? What would it look like to release your grip on that outcome, even slightly, today?

3. Even in the middle of this concern, is there anything you can genuinely thank God for right now? Write down even one or two small things.

4. Peace that 'passeth understanding' guards the heart and mind. What would it look like, practically, for you to carry this kind of guarded peace into tomorrow's ordinary tasks and conversations?

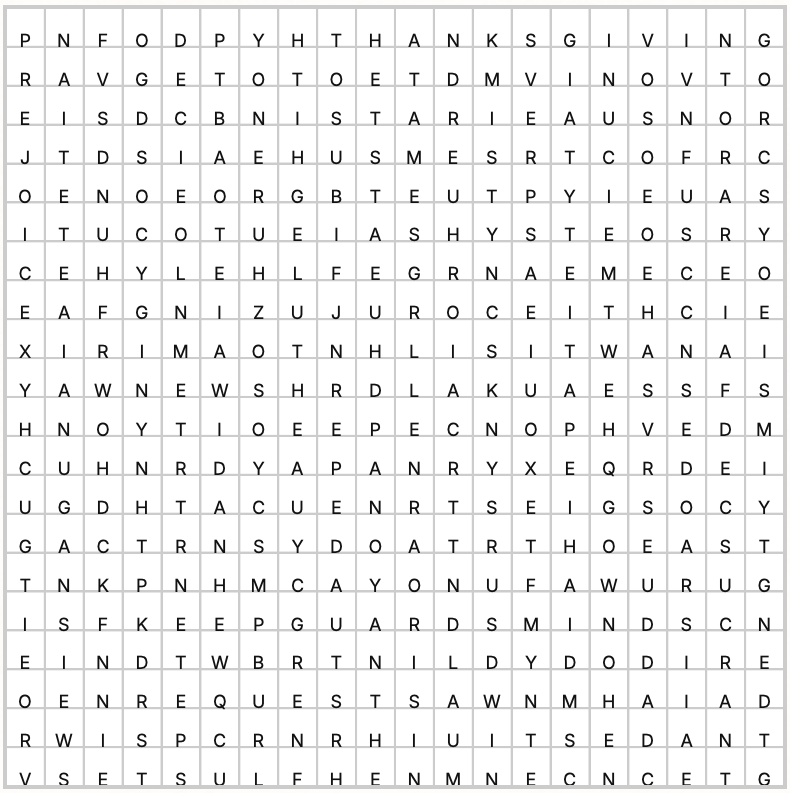
My Reflection

My Reflection

Pause and Ponder — Day 6: Peace That Guards the Heart

Peace That Guards: A Matching Exercise

Find and circle all the listed words. Then read the unused letters from left to right, top to bottom, to discover the hidden message.



P	N	F	O	D	P	Y	H	T	H	A	N	K	S	G	I	V	I	N	G
R	A	V	G	E	T	O	T	O	E	T	D	M	V	I	N	O	V	T	O
E	I	S	D	C	B	N	I	S	T	A	R	I	E	A	U	S	N	O	R
J	T	D	S	I	A	E	H	U	S	M	E	S	R	T	C	O	F	R	C
O	E	N	O	E	O	R	G	B	T	E	U	T	P	Y	I	E	U	A	S
I	T	U	C	O	T	U	E	I	A	S	H	Y	S	T	E	O	S	R	Y
C	E	H	Y	L	E	H	L	F	E	G	R	N	A	E	M	E	C	E	O
E	A	F	G	N	I	Z	U	J	U	R	O	C	E	I	T	H	C	I	E
X	I	R	I	M	A	O	T	N	H	L	I	S	I	T	W	A	N	A	I
Y	A	W	N	E	W	S	H	R	D	L	A	K	U	A	E	S	S	F	S
H	N	O	Y	T	I	O	E	E	P	E	C	N	O	P	H	V	E	D	M
C	U	H	N	R	D	Y	A	P	A	N	R	Y	X	E	Q	R	D	E	I
U	G	D	H	T	A	C	U	E	N	R	T	S	E	I	G	S	O	C	Y
G	A	C	T	R	N	S	Y	D	O	A	T	R	T	H	O	E	A	S	T
T	N	K	P	N	H	M	C	A	Y	O	N	U	F	A	W	U	R	U	G
I	S	F	K	E	E	P	G	U	A	R	D	S	M	I	N	D	S	C	N
E	I	N	D	T	W	B	R	T	N	I	L	D	Y	D	O	D	I	R	E
O	E	N	R	E	Q	U	E	S	T	S	A	W	N	M	H	A	I	A	D
R	W	I	S	P	C	R	N	R	H	I	U	I	T	S	E	D	A	N	T
V	S	E	T	S	U	L	F	H	E	N	M	N	E	C	N	C	E	T	G

Words to Find

Passeth understanding
Supplication
Keep (guard)
Requests
Prayer
Peace
Careful (anxious)
Thanksgiving
Christ Jesus
Rejoice
Heart
Mind

Hidden Message

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Day 7

Carrying His Peace Into the World

John 14:27 (KJV)

Key theme: Sustaining Christ's abiding peace in everyday life

The reader reflects on Jesus' gift of a peace unlike the world's peace, and considers how to carry this settled trust into daily life beyond this study.

Today's Scripture

John 14:27 (KJV)

[27] Peace I leave with you, my peace I give unto you: not as the world giveth, give I unto you. Let not your heart be troubled, neither let it be afraid.

Setting of the Scripture

John 14 is part of the Upper Room Discourse, Jesus' extended teaching to His disciples on the night before His crucifixion, following the Last Supper and the washing of the disciples' feet. The disciples are troubled, having just heard Jesus speak of His betrayal and departure (John 13:21, 33). In this intimate setting, Jesus prepares His closest followers for His coming death, resurrection, and ascension, and for the ministry of the Holy Spirit who will come after He leaves. John 14:27, 'Peace I leave with you, my peace I give unto you: not as the world giveth, give I unto you.

Let not your heart be troubled, neither let it be afraid,' comes near the end of a section in which Jesus promises the Holy Spirit (the Comforter) and assures the disciples that His departure is for their good. The setting matters because this is not a detached theological statement about peace in general; it is a farewell gift spoken by Jesus to anxious friends facing an uncertain, frightening future. He gives them peace precisely because sorrow and fear are pressing in on them.

Who Wrote It and Why

The Gospel of John is traditionally attributed to the apostle John, one of the twelve disciples and a close companion of Jesus. While some scholars have discussed questions of authorship and composition, the church has long received this Gospel as coming from the apostolic witness associated with John. John states his purpose plainly later in the book: that readers 'might believe that Jesus is the Christ, the Son of God; and that believing ye might have life through his name' (John 20:31). Within that larger purpose, chapters 13–17 serve to prepare the disciples—and by extension, all who would later read this Gospel—for life after Jesus' physical departure. John 14:27 functions as a promise meant to anchor believers across generations: the peace Jesus gives is not a one-time comfort for the original disciples alone, but a lasting gift for all who trust in Him.

Words to Ponder

Peace

In this translation: peace
Original language: Greek
Original word: εἰρήνη
Transliteration: eirene
Concordance reference: Strong's G1515
Definition: A state of rest, harmony, and well-being; often used to translate the Hebrew concept of shalom, encompassing wholeness rather than mere absence of conflict.
In this passage: Jesus uses eirene to describe the gift He personally leaves with His disciples—a settled wholeness rooted in His presence, not in external circumstances.
Why it matters: Understanding eirene as wholeness and well-being, not just calm feelings, helps the reader see that Christ's peace addresses the whole person, not just emotional stress.
Takeaway: The peace Jesus gives is deep and whole, not just a temporary calm feeling.

Leave

In this translation: leave
Original language: Greek
Original word: ἀφίημι
Transliteration: aphiemi
Concordance reference: Strong's G863
Definition: To send away, let go, permit to remain, or bequeath; can carry the sense of leaving something behind for another's possession.
In this passage: Jesus 'leaves' His peace much like one leaves an inheritance—something entrusted to remain in the possession of the recipient after the giver is gone.
Why it matters: This nuance highlights that Christ's peace is not a fleeting farewell sentiment but a lasting possession given to believers to keep.
Takeaway: Christ's peace isn't a momentary gesture—it's meant to stay with you permanently.

Troubled

In this translation: troubled
Original language: Greek
Original word: ταράσσω
Transliteration: tarasso
Concordance reference: Strong's G5015
Definition: To stir up, agitate, or throw into confusion or distress; often used of inner emotional turmoil.
In this passage: Jesus instructs the disciples not to let their hearts be stirred into agitation or confusion, directly connecting His gift of peace to the calming of inner turmoil.
Why it matters: Recognizing that this is the same word used elsewhere for deep inner agitation (including of Jesus Himself in John 11:33 and 13:21) shows that Christ's peace is offered precisely for real emotional distress, not denial of it.
Takeaway: Christ's peace is meant to meet you in genuine inner turmoil, not pretend it isn't there.

Today's Devotional

Seven days ago, you may have opened this study carrying noise, distraction, or quiet exhaustion. Today, as this journey comes to a close, Jesus offers something to carry forward: His peace. Not advice. Not a technique. A gift, freely given, meant to stay.

Notice how Jesus frames this moment. He is hours away from arrest and crucifixion. The disciples are afraid, confused, grieving a loss they don't yet understand. And in that very moment, He doesn't offer them a plan to fix their circumstances—He offers them Himself, present with them through His peace, even as everything around them was about to fall apart.

That is important for us, because our lives rarely offer tidy, peaceful circumstances either. The peace Jesus speaks of was never meant to depend on calm surroundings. He is explicit about this: 'not as the world giveth, give I unto you.' The world's peace usually means the absence of trouble—quiet schedules, resolved conflicts, good health, financial security. It's real, but it's fragile, and it evaporates the moment circumstances change. Christ's peace is different in kind, not just degree. It is a settled trust rooted in who He is, who abides with His people through the Holy Spirit, regardless of what the day holds.

This is the heart of what this whole study has been building toward. Stillness before God was never meant to be a one-week retreat you leave behind when ordinary life resumes. It's meant to become a rhythm—a return, again and again, to the peace Christ has already given you. You don't have to manufacture it. You don't have to feel strong enough to hold onto it. It was left with you, like an inheritance, the moment you trusted in Him.

As you step back into emails, deadlines, relationships, and responsibilities, you don't leave His peace behind in these pages. It goes with you, because He said, 'my peace I give unto you.' The invitation now is simple: let not your heart be troubled. Not because troubles will cease, but because the One who gives peace has not stopped giving it.

Reflection Questions

1. In John 14:27, what two things does Jesus say about the peace He gives—where it comes from and how it differs from the world's peace?

2. Why do you think Jesus connects the gift of His peace directly to the command, 'let not your heart be troubled, neither let it be afraid'?

3. Looking back over this past week, where have you noticed the difference between worldly peace (calm circumstances) and Christ's peace (a settled trust) in your own life?

4. What is one simple, realistic way you can return to stillness and trust in God each day after this study ends?

Today's Prayer

Lord Jesus, You said You would leave Your peace with us—not as the world gives, but a peace that holds steady even when circumstances don't. Thank You for not leaving us to find peace on our own. As this week of stillness draws to a close, I ask You to help me carry what I've learned into the ordinary rhythms of my life. When my heart grows troubled, remind me that Your peace has already been given, and it is still here, still mine, still enough.

Teach me to return to You—not just in quiet moments set apart, but in the middle of deadlines, conversations, and uncertainty. Thank You that Your peace doesn't depend on my circumstances being calm, but on Your presence being near. Let not my heart be troubled, and let not my heart be afraid. In Your name I pray, Amen.

Digging Deeper

This final day draws together several threads from the week. Across this study, we have seen stillness presented not as emptiness or escape, but as an active posture of trust before God—quieting ourselves long enough to remember who He is (Psalm 46:10), bringing our anxieties to Him in prayer (Philippians 4:6-7), and now, receiving the specific peace that Christ Himself promises to leave with His followers.

John 14:27 is significant because it distinguishes Christ's peace from the world's peace by source and durability, not merely by intensity. Worldly peace is circumstantial—it rises and falls with external conditions. Christ's peace is relational and abiding—rooted in His ongoing presence through the Holy Spirit, whom He has just promised in the preceding verses (John 14:16-17, 26). The peace is not separate from the Person; it comes because He remains with His people, even after His physical departure.

The phrase 'Peace I leave with you' uses language of inheritance or bequest—something given to remain in the possession of the recipient. This is not a temporary mood Jesus induces in the disciples before leaving the room; it is a lasting gift entrusted to them for the road ahead, including the very real grief, confusion, and danger they were about to face. The following clause, 'my peace I give unto you,' reinforces that this peace originates in Christ Himself—it is His own peace, not a generic or self-generated calm.

The pairing with 'let not your heart be troubled, neither let it be afraid' is instructive. Jesus does not deny that trouble and fear are real possibilities; He addresses them directly, inviting the disciples to respond to real circumstances with a trust anchored in His presence rather than in the absence of difficulty. This connects practically to the application goal for today: sustaining peace is not a single decision made once, but an ongoing return to trust, exercised daily, especially when circumstances are far from peaceful. As this study closes, the invitation is not to achieve constant emotional calm, but to continually receive and lean on the peace Christ has already given, trusting that it remains available moment by moment.

My Reflection

As you close this week of seeking stillness, take a few quiet moments to reflect honestly on where you've been and where you're headed. This isn't about performing a perfect ending—it's about naming what God has done and setting a simple, honest intention for carrying His peace forward.

1. Looking back over this past week, what has changed—even slightly—in how you understand or experience stillness with God?

2. Write about a specific moment this week when you noticed Christ's peace differing from the world's peace in your own circumstances.

3. What tends to crowd out your sense of God's peace in daily life, and what is one honest step you can take to guard against that?

4. Write a short personal commitment or simple daily rhythm (a few sentences) describing how you intend to keep returning to stillness and trust in God beyond this study.

My Reflection

1. Looking back over this past week, what has changed—even slightly—in how you understand or experience stillness with God?

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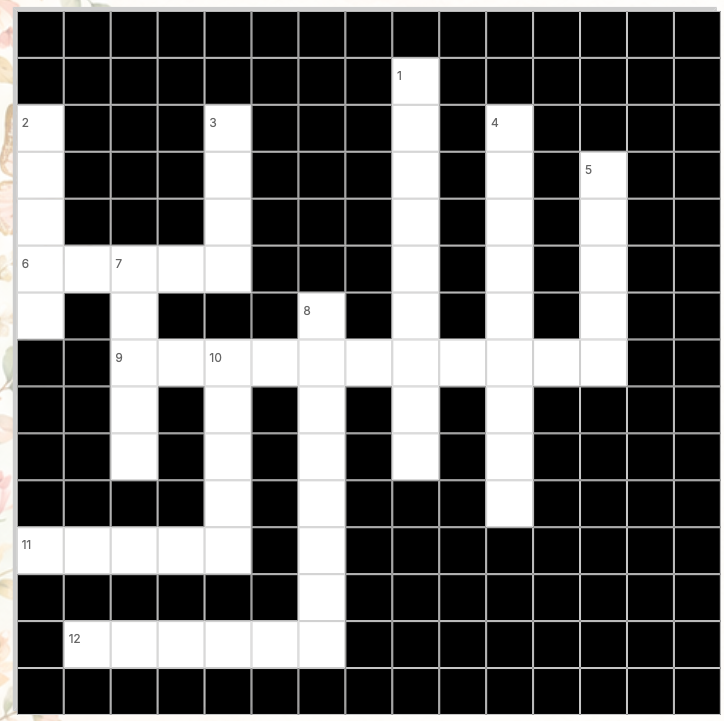
My Reflection

My Reflection

Pause and Ponder — Day 7: Carrying His Peace Into the World

Carrying His Peace Into the World: Crossword

Using the clues below, fill in the crossword grid. Across clues go left to right; Down clues go top to bottom.



ACROSS

6. To send away, let go, permit to remain, or bequeath; can carry the sense of leaving something behind for another's possession. (5)
9. A lasting gift passed on, like the peace Jesus leaves (11)
11. What we place in God rather than in circumstances (5)
12. The emotion Jesus says we need not feel (6)

DOWN

1. The title Jesus uses for the Holy Spirit in John 14 (9)
2. Where fleeting peace comes from, by contrast (5)
3. The source of a lasting, settled trust (4)
4. The quiet posture of trusting God amid noise (9)
5. A state of rest, harmony, and well-being; often used to translate the Hebrew concept of shalom, encompassing wholeness rather than mere absence of conflict. (5)
7. To remain present with someone, as the Spirit does with believers (5)
8. To stir up, agitate, or throw into confusion or distress; often used of inner emotional turmoil. (8)
10. The inner place Jesus says should not be troubled (5)

Pause and Ponder — Day 1: The Noise We Carry

Words of Stillness Word Search

Find each word from today's study hidden in the puzzle grid (to be generated separately). As you search, let each word remind you of a truth from Psalm 46:10 and today's reflection on stillness before God.

ANSWER KEY

K	N	E	R	U	T	D	U	O	L	O	A	E	N	M
N	T	R	X	E	N	P	R	E	S	E	N	C	E	I
O	A	S	I	S	F	T	E	R	I	T	Y	N	O	A
W	D	A	U	N	A	U	I	S	E	F	R	T	I	F
N	S	H	S	R	T	X	G	N	T	L	T	O	N	H
E	Q	N	H	T	R	H	S	E	A	E	R	M	E	R
I	H	U	K	S	I	E	C	H	F	L	U	O	I	A
E	N	R	I	F	T	L	N	R	I	T	S	M	L	S
O	A	L	Y	E	E	R	L	D	O	U	T	A	R	G
E	Y	I	M	I	T	X	E	C	E	L	I	F	E	O
Y	I	E	B	E	A	C	A	N	T	R	Y	I	C	D
E	O	T	H	D	S	W	S	L	G	A	S	T	O	A
N	E	L	U	I	T	P	D	P	T	T	R	W	U	T
S	I	K	H	P	E	A	C	E	M	E	H	E	I	R
D	T	R	O	U	B	L	E	I	T	W	D	P	N	E

Words to Find

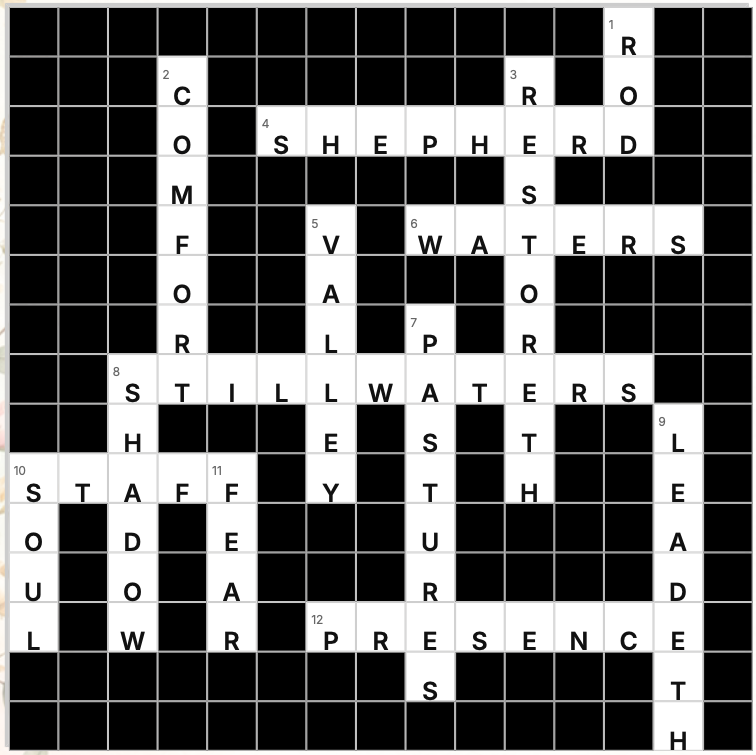
SURRENDER
EXALTED
STILL
QUIET
STRENGTH
TROUBLE
TRUST
KNOW
PRESENCE
REFUGE
PEACE
GOD

Pause and Ponder — Day 2: The Shepherd Who Leads to Rest

The Shepherd Who Leads to Rest: Crossword

Using the clues below, fill in the crossword grid. Across clues go left to right; Down clues go top to bottom.

ANSWER KEY



ACROSS

4. Shepherd (8)
6. WATERS (6)
8. Still waters (11)
10. STAFF (5)
12. PRESENCE (8)

DOWN

1. ROD (3)
2. COMFORT (7)
3. Restoreth (9)
5. VALLEY (6)
7. PASTURES (8)
8. SHADOW (6)
9. LEADETH (7)
10. SOUL (4)
11. FEAR (4)

Pause and Ponder — Day 3: Perfect Peace, Fixed Mind

Fixed on Him: A Matching Study

Find and circle all the listed words. Then read the unused letters from left to right, top to bottom, to discover the hidden message.

ANSWER KEY

1 T	N	E	A	H	A	S	I	R	N	L	A	K	E	E	P	T	E	L	T
E	T	V	L	O	C	I	T	O	H	E	B	L	S	U	2 R	E	I	3 U	E
I	G	E	T	V	N	Y	H	A	B	W	E	T	N	C	T	V	A	T	B
S	E	R	C	P	K	E	O	S	Y	D	S	F	U	A	R	T	E	L	R
H	P	L	A	E	M	4 S	A	U	S	E	W	T	D	L	U	N	H	A	D
L	S	A	T	R	T	W	N	R	E	U	D	S	H	E	S	A	K	N	T
E	F	S	R	F	P	H	T	E	D	T	P	I	C	H	T	N	I	B	N
H	I	T	O	E	A	M	N	D	I	O	R	P	I	P	A	M	E	I	E
L	U	I	U	C	F	D	A	S	E	S	N	M	A	N	I	E	D	M	T
D	H	N	B	T	S	A	E	Z	5 T	F	C	W	O	E	V	P	M	A	E
M	E	G	L	P	O	D	I	E	O	S	6 A	E	T	Y	D	I	B	E	7 N
A	R	S	E	E	L	I	U	T	S	U	R	A	R	P	A	S	C	R	A
S	I	T	N	A	G	S	D	L	H	T	E	W	D	E	8 D	A	O	D	N
B	T	R	M	C	D	N	K	H	R	F	L	N	E	S	T	I	K	R	A
N	O	E	V	E	T	C	S	O	D	E	U	E	A	E	9 R	A	S	I	S
W	P	N	O	U	O	N	I	U	R	N	R	L	G	O	U	S	E	O	10 E
D	S	G	C	R	S	L	11 S	I	C	L	W	Y	N	A	E	G	M	P	H
H	O	T	I	E	T	U	12 T	S	W	N	S	E	W	E	N	H	E	T	A
F	T	H	F	W	E	D	Y	E	T	A	W	P	H	I	S	I	H	N	T
I	P	L	O	R	D	J	E	H	O	V	A	H	S	P	N	S	R	D	R

Words to Find

Everlasting strength
Faithfulness
Trouble
Trust
Rock
Perfect peace
LORD JEHOVAH
Stayed
Mind
Keep

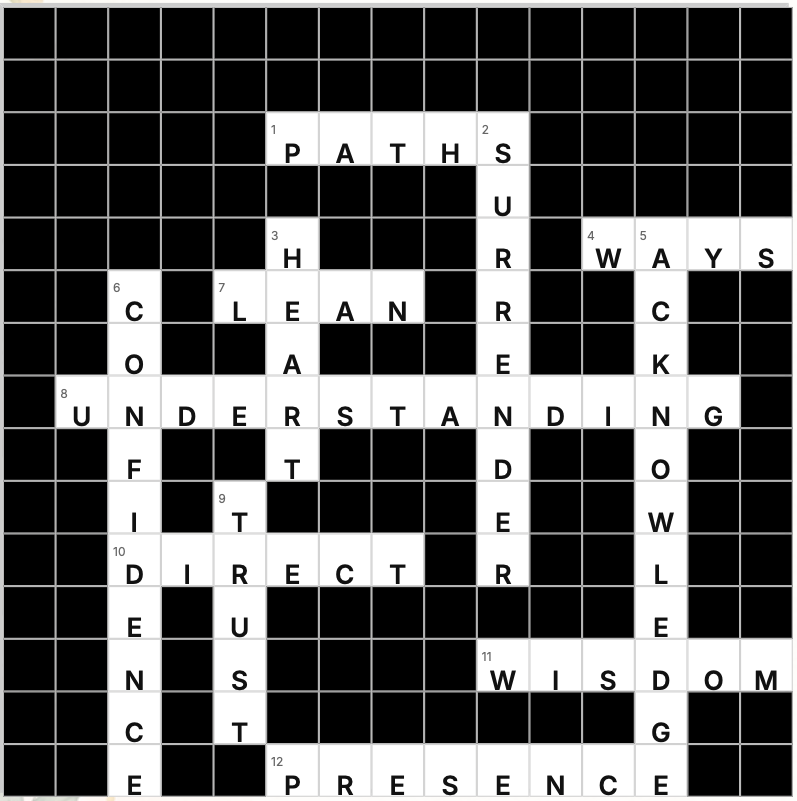
Hidden Message: TRUST AND REST

Pause and Ponder — Day 4: Trusting Beyond Understanding

Trusting Beyond Understanding

Using the clues below, fill in the crossword grid. Across clues go left to right; Down clues go top to bottom.

ANSWER KEY



ACROSS

1. Paths (5)
4. Ways (4)
7. Lean (4)
8. Understanding (13)
10. Direct (6)
11. Wisdom (6)
12. Presence (8)

DOWN

2. Surrender (9)
3. Heart (5)
5. Acknowledge (11)
6. Confidence (10)
9. Trust (5)

Pause and Ponder — Day 5: Rest for the Weary Soul

Rest for the Weary Soul: Word Search

Find each word from today's Scripture and teaching hidden in the puzzle grid. As you search, let each word remind you of Jesus' invitation to rest. After finding all the words, use the leftover letters (as indicated by the puzzle designer) to reveal a hidden message connected to today's theme.

ANSWER KEY

A	R	N	E	A	V	F	P	N	B	A	E	U	R	O
O	**B**	**U**	**R**	**D**	**E**	**N**	U	R	H	N	S	H	N	H
R	D	S	N	Y	I	**L**	R	**L**	**Y**	U	W	**C**	E	O
L	H	E	V	A	G	U	**A**	**L**	**A**	T	D	**O**	T	H
C	T	O	A	N	M	A	**W**	**D**	**Y**	**B**	**Y**	**M**	A	**M**
L	A	L	R	I	E	**O**	**T**	**V**	**E**	**S**	**O**	**E**	C	**E**
N	**E**	T	W	X	**L**	**H**	**A**	R	**A**	**N**	E	**U**	O	**E**
S	N	**A**	E	A	**G**	**E**	B	**E**	O	S	**L**	G	**R**	**K**
T	L	E	**R**	**I**	**H**	S	I	K	C	**U**	N	L	S	A
L	**T**	A	**L**	**N**	U	E	U	V	**O**	A	C	E	H	I
O	**R**	P	E	A	T	L	O	**S**	E	I	H	R	D	Z
I	**U**	L	W	O	S	H	U	E	F	A	**Y**	**O**	**K**	**E**
A	**S**	I	E	T	I	N	I	H	T	R	M	S	E	T
E	**T**	R	V	R	N	A	E	O	**R**	**E**	**S**	**T**	H	R
I	N	O	T	M	U	I	A	L	O	T	L	A	O	U

Words to Find

LABOUR
LADEN
LEARN
YOKE
SOUL
BURDEN
LIGHT
TRUST
EASY
COME
HEAVY
LOWLY
REST
MEEK

Pause and Ponder — Day 6: Peace That Guards the Heart

Peace That Guards: A Matching Exercise

Find and circle all the listed words. Then read the unused letters from left to right, top to bottom, to discover the hidden message.

ANSWER KEY

P	N	F	O	D	P	Y	H	T	H	A	N	K	S	G	I	V	I	N	G
R	A	V	1 G	E	T	2 O	T	O	E	T	3 D	M	V	4 I	5 N	O	6 V	T	O
E	7 I	S	D	C	B	N	I	S	8 T	A	R	I	9 E	A	U	10 S	N	O	R
J	T	D	S	I	A	E	H	11 U	12 S	M	E	S	R	13 T	C	O	F	R	C
O	E	N	14 O	E	O	R	G	15 B	T	16 E	U	T	P	Y	I	E	U	A	17 S
I	18 T	U	C	O	T	U	E	19 I	A	S	H	Y	S	T	E	O	S	R	Y
C	E	H	Y	20 L	E	H	21 L	F	E	G	22 R	N	A	E	M	23 E	24 C	E	25 O
E	A	F	26 G	27 N	28 I	29 Z	U	J	U	R	O	C	E	I	T	H	C	I	30 E
X	I	R	I	M	A	O	T	N	31 H	L	I	S	I	T	W	A	N	A	32 I
Y	A	W	N	E	W	S	H	R	D	L	A	K	U	A	E	33 S	34 S	F	S
H	N	35 O	Y	T	I	O	E	E	P	E	C	N	O	P	H	36 V	37 E	D	M
C	U	H	N	R	D	Y	A	P	A	N	R	Y	X	E	Q	38 R	D	39 E	40 I
U	41 G	D	H	T	A	C	U	E	42 N	R	43 T	S	E	I	G	S	O	C	44 Y
G	45 A	C	T	R	46 N	S	Y	47 D	O	A	T	48 R	T	H	O	49 E	A	50 S	T
51 T	N	K	P	N	H	M	52 C	A	Y	53 O	54 N	U	55 F	A	W	U	R	U	G
56 I	S	F	K	E	E	P	G	U	A	R	D	S	M	I	N	57 D	S	C	N
58 E	I	59 N	D	60 T	W	B	R	T	N	I	61 L	D	62 Y	D	O	D	63 I	R	E
O	E	64 N	R	E	Q	U	E	S	T	S	A	W	N	M	65 H	A	I	A	D
R	W	66 I	67 S	68 P	C	69 R	N	R	H	I	U	I	T	S	E	D	A	N	T
V	S	70 E	T	71 S	U	L	F	H	72 E	73 N	M	N	E	74 C	N	C	75 E	T	G

Words to Find

Passeth understanding
Supplication
Keep (guard)
Requests
Prayer
Peace
Careful (anxious)
Thanksgiving
Christ Jesus
Rejoice
Heart
Mind

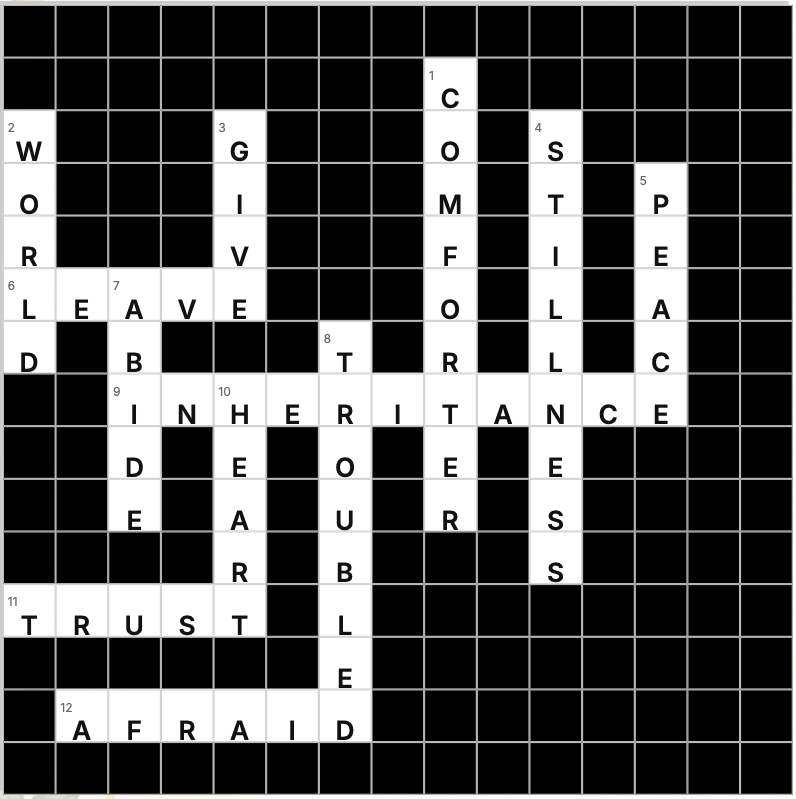
Hidden Message: God invites us to be still, recognize His sovereignty, and rest confidently in His presence.

Pause and Ponder — Day 7: Carrying His Peace Into the World

Carrying His Peace Into the World: Crossword

Using the clues below, fill in the crossword grid. Across clues go left to right; Down clues go top to bottom.

ANSWER KEY



ACROSS

6. Leave (5)
9. INHERITANCE (11)
11. TRUST (5)
12. AFRAID (6)

DOWN

1. COMFORTER (9)
2. WORLD (5)
3. GIVE (4)
4. STILLNESS (9)
5. Peace (5)
7. ABIDE (5)
8. Troubled (8)
10. HEART (5)


Be Still:
Finding peace and stillness
in God's presence