

May 03 / Sunday

Finding Peace

Read [Philippians 4:11-13](#)



04 / Mon – Different kinds of peace | Read [Galatians 5:22-23](#) / [Romans 8:6](#)

Peace is a highly sought-after quality. While there are different types of peace, each usually fits in one of two categories: circumstantial peace, which can vacillate, or a peace that you find constant through the ups and downs in life. *This* kind of peace comes from God and is a result of the Spirit's work in your life. Can you remember a time when you experienced that deeply-rooted peace and it saved you, either figuratively or literally? What happened?

05 / Tue – Who's in charge? | Read [Luke 1:1-13](#)

Human beings usually believe ideas that occur to them are their own but not always. In his book, *Anxious for Nothing*, Max Lucado uses the analogy of an airport. He says, "Thoughts circle above your head, coming and going. *You* occupy the control tower of your mental airport. If one lands, it's because you gave permission. And if it leaves, it is because you directed it to do so." Isn't this what Jesus did during his encounter with the devil's propositions?

06 / Wed – Relationship troubles? | Read [Romans 5:1-11](#) / [Psalm 139:23-24](#)

Not all absence of peace is because of your situation. Sometimes lack of peace comes from the condition of your relationship with God. People are born with a will that does not easily bend to any other authority, even to the One who created them. But because God loves you so much, He will not let you find peace when something is awry between you. If you are chronically restless, could it be time to have an honest conversation with Him about the state of your heart?

07 / Thu – Losing sleep? | Read [Psalm 139:1-18](#) / [1 Peter 5:7](#)

The most common time to recognize your lack of peace often comes at bedtime. Have you found that to be the case? Quiet darkness can emphasize the fears you have successfully pushed away during the day, making you feel alone. You may be tempted to self medicate or find unhealthy ways of coping. God has a better idea. He never sleeps, darkness cannot hide Him, and He has promised if you follow Peter's instructions, you will experience the reality of Psalm 4:8 each night.

08 / Fri – The source? | Read [2 Thessalonians 3:16](#)

In almost every letter the apostles wrote in the New Testament, peace is mentioned in the greeting and/or the closing. It was a rare and precious commodity even 2000 years ago. The Christians in Thessalonica were experiencing extreme opposition. Paul and Silas had barely escaped with their lives and letters were their primary means of encouragement. Paul reminds them that real peace is from the *Lord* of peace. Do you believe He can give *you* peace "at all times and in every way"?

09 / Sat – Then and now | Read [Philippians 4:13](#)

What insight about peace did you gain from reading the Bible this week?

Are there times you have been able to maintain your peace in spite of circumstances?

What is one verse about peace you could plant in your mind to use now and in the future?