



PEACE

7-Day Devotional

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PEACE

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Ada Banks

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BEFORE WE BEGIN:

A Path Toward True Peace

Life pulls us in many directions, and peace often slips away first. We carry more than we realize—the speed, the stress, the mental load, the unseen expectations—and somewhere along the way, our hearts become restless and weary. Most of us want peace, but feel guilty for never holding onto it. This guide explores simple truths about why peace is so hard to keep, and we'll practice small, gentle steps to help our souls reconnect with God. Each section offers one quiet thought, one Scripture, and one calm peace exercise—a steady path toward the calm our hearts have been seeking. If you've been longing for lasting peace, let's begin.

Peace Is Possible — Even Here, Even Now



DAY 1

Life Doesn't Slow Down



Life never slows down. Alarms keep ringing, texts keep piling up, and the people we love still need us even when we're running on empty. We wake up already behind, carrying yesterday's worries into today's tasks. Inside us, there's a quiet pressure to hold everything together, even when we don't feel steady. And the faster we try to outrun the overwhelm, the more peace slips through our fingers. This is the real world we live in—imperfect, demanding, and unpolished. Yet it's here, in the chaos we love and sometimes don't, that God begins His work of rest.

Reflection

1. Take a moment today to pause—just for a breath—and acknowledge God’s presence in the middle of your busy day.
2. Which part of your life could you share with someone so your heart can find rest, even if your circumstances don’t change?

Peace Practice 1

One-Minute Reset

Close your eyes.

Place one hand on your chest. Inhale and say, “God, I’m here.” Exhale and say, “You are with me.” Repeat three times.

This simple pause helps our bodies find calm, and our spirits reconnect with God.

Peace Practice 2

The 10-Second Surrender

Bring to mind what’s been overwhelming you.

Cradle it for a moment.

Then whisper, “God, I give You this moment. Hold it with me.” This minor act reminds us we don’t have to carry everything alone—even for a second.

Takeaway

God strengthens the work we do and brings His peace to the places where we feel stretched thin.

“And let the beauty of the Lord our God be upon us, and establish the work of our hands for us; yes, establish the work of our hands.”

— Psalm 90:17



DAY 2

Our Minds Need Rest



Even when the room quiets, our minds keep racing. Thoughts shift and tumble, revisiting conversations, unfinished tasks, and the needs of loved ones. Research shows most people have tens of thousands of thoughts each day, and women often carry an even heavier “mental load,” tracking what no one else sees. It’s the weight of responsibility. When our minds won’t turn off, we might think we’re failing. But we’re not. We cannot simply switch off our minds;

Reflection

1. When your thoughts race, what small truth about God's presence can you focus on?
2. Which recurring thought or worry would you like to re-commit to God today, even if you've given it to Him before?

Peace Practice 1

Thought-Anchor Prayer

Close your eyes.

Choose one simple truth you know about God, such as “God is with me,” “God is my peace,” or “God is near.”

When your thoughts spiral, pause and whisper that truth multiple times as needed.

Let it interrupt the noise.

This provides our minds with a steady point to return to when thoughts become scattered.

Peace Practice 2

The Two-Minute Mind

Release

Sit still for a moment.

Imagine placing your most persistent thought into God’s hands.

Say,

“Lord, hold what my mind keeps carrying.”

Take a deep breath in and breathe out.

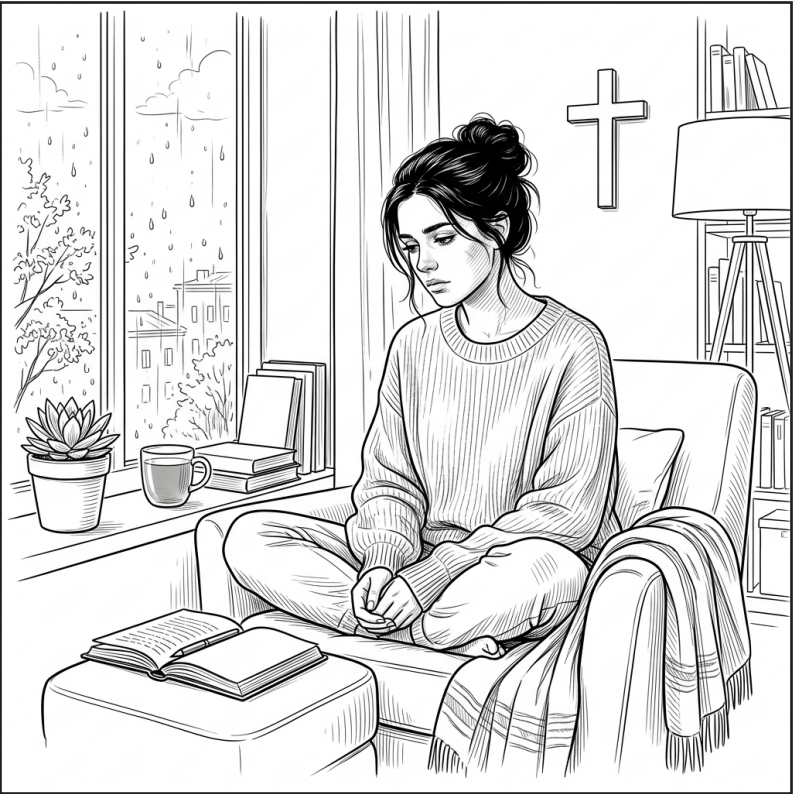
This reminds us that our minds don't have to carry everything—God carries us.

Takeaway

Peace increases each time we redirect our thoughts to the God who sustains us.

“You will keep him in perfect peace, whose mind is stayed on You, because he trusts in You.”

— Isaiah 26:3



DAY 3

When Peace Feels Out of Reach



And then there are days when peace seems like something other women have learned to hold on to, yet it slips through our fingers. We notice the calm in someone else's smile or the steadiness in her prayer life, and a quiet voice inside asks, why not us? Studies show that most women carry layers of emotional weight they seldom speak aloud. Yet instead of acknowledging our exhaustion, we compare our inner storms to someone else's outward calm. We've been carrying more than our hearts could bear alone. God knows this, even when no one else does.

Reflection

1. What expectation have you set for yourself by comparing your life or faith to someone else's, and how can you let go of that comparison today?
2. In which area do you most need to remember that God sees your unseen burdens, even when others don't?

Peace Practice 1

Name and Release

Think of one comparison that's been weighing on your heart; something you've measured yourself against.

Whisper.

"Lord, please free me from the burdens I bear."

Let the breath out.

This eases the hold the comparison has on our peace.

Peace Practice 2

Return to What's True

Place your hand on your chest.

Speak, "God, you see me. You know me. You love me as I am." Repeat this three times.

This shifts the focus back to God's truth rather than to our assumptions about others.

"Lord, hold what my mind keeps carrying."

Takeaway

Peace increases when we stop comparing ourselves and remember that God accepts us as we are.

“For the LORD does not see as man sees; for man looks at the outward appearance, but the LORD looks at the heart.”

— 1 Samuel 16:7



DAY 4

Why We Struggle to Believe God Is for Us



With so much weight on our shoulders, it's easy to think God sees us the same way we see ourselves: tired, stretched thin, never quite enough. Past regrets and unresolved moments cling to us, whispering their disappointment to God. And when guilt lectures us about who we were or what we should have been, it becomes hard to imagine God as someone eager to draw near. Before we talk about peace, we need to recognize that many of us hesitate to come close to God because our self-doubt convinces us we don't belong there.

Reflection

1. What hurtful message about yourself—something someone once implied, said, or made you feel—still makes it hard to believe that God sees you with love?
2. What truth about God's heart could softly replace that message today, even if you don't fully feel it yet?

Peace Practice 1

The Gentle Exchange

Sit with your hands open.

Name the old message or belief that makes you hesitant to approach God.

Then whisper,

“Lord, take what keeps me away from You.”

Pause for a moment and breathe.

This practice helps us shed the burden that warps our view of how God perceives us.

Peace Practice 2

Being Seen with Compassion

Place your hand over your heart.

Say,

“God, you see me... and you love me.”

Repeat these words two or three times without rushing.

This reminds us that God's love does not lessen when we face struggles.

"Lord, hold what my mind keeps carrying."

Takeaway

Peace increases when we allow God's compassion to outweigh our self-doubt.

"The LORD is gracious and full of compassion, slow to anger and great in mercy."

— Psalm 145:8



DAY 5

Three Barriers That Keep Us at A Distance



Most of us carry three invisible barriers that influence our relationship with God: guilt over what we wish we could undo, shame about where we expected to be by now, and self-judgment that tells us we're always falling short. These are not God's judgments; they are the old wounds of the heart. They build walls of fear and unworthiness.

Reflection

1. Which of these blocks—guilt, shame, or self-judgment—feels like it's standing between you and God the most right now? What makes that one feel so heavy?
2. What is one small way you could let God rewrite that story—just for today?

Peace Practice 1

Naming the Barrier

Take a quiet moment to identify the feeling that resonates most with you today—guilt, shame, or self-judgment.

Whisper,

“Lord, you know this place in me. Meet me here.”

This helps us bring down the barrier between God’s light rather than hide behind it.

Peace Practice 2

One Line of Truth

Place your hand on your heart.

Speak one simple truth that counters the block you named, such as ‘I am forgiven.’ ‘I am loved.’ ‘I am growing.’ Repeat it gently.

This gives our hearts a new foundation to stand on as God continues His healing work.

“He heals the brokenhearted and binds up their wounds.”

— Psalm 147:3

Takeaway

We let God heal our broken hearts, and peace comes from that.



DAY 6

The Truth That Changes Everything



And therefore, the next important truth is this: God's grace is for us. In our strongest moments, in our weaknesses, in our doubts, and in our ongoing growth, God is there. Scripture says He is "gracious and full of compassion," slow to anger, and rich in mercy (Psalm 145:8). When He says, "I have called you by your name; you are Mine" (Isaiah 43:1), He's speaking to us; we, the ones still learning, still healing, still becoming. We are a work in progress, shaped with patience and love. Peace begins here: by believing that God welcomes us home as we are.

Reflection

1. Which part of yourself—your personality, your past, or your current struggles—feels the hardest to believe that God welcomes with compassion?
2. How would your day change if you believed, even just for a moment, that God is for you right now, not after you fix anything?

Peace Practice 1

Sit in His Welcome

Close your eyes and imagine God speaking your name with kindness.

Let yourself hear the words,

“You are Mine.”

Breathe those words in slowly.

This practice helps us accept God’s closeness rather than resist it.

Peace Practice 2

The “God Is for Me” Breath

Breathe in and say in your heart,

“God is for me.” Breathe out and remind yourself, “I don’t have to earn His love.”

Repeat this a few times. This helps anchor our minds and bodies in the truth of God’s mercy.

“If God is for us, who can be against us?”

— Romans 8:31

Takeaway

Peace grows deeper when we let God's love shape our beliefs about ourselves.



DAY 7

Peace Is Not Self— Produced



We spend so much of our lives trying to find peace — organizing, fixing, controlling, overthinking, trying harder, doing more. We believe that if we change enough things outside, the inside will settle. But peace doesn't come from perfect schedules, peaceful days, or flawless behavior. Real peace isn't something we create. It is something we receive. It comes from God — from His presence, His grace, and His promise to be with us even when life feels unsettled.

Reflection

1. Which area do you focus the most on to keep peace—your home, your relationships, your emotions, or your expectations?
2. What would it look like today to stop striving in just one area and let God carry what you've been trying to hold together?

Peace Practice 1

Letting Go of One Thing

Pick one thing today you've been trying to control—one slight worry, one task, or one expectation.

Whisper,

“Lord, I release this to You. I don’t have to make peace happen.”

Take a slow breath.

This reminds us that we receive peace, not produce it.

Peace Practice 2

The Open Hand Prayer

Sit and rest your hands open on your lap.

Say,

“God, I am open to Your peace.”

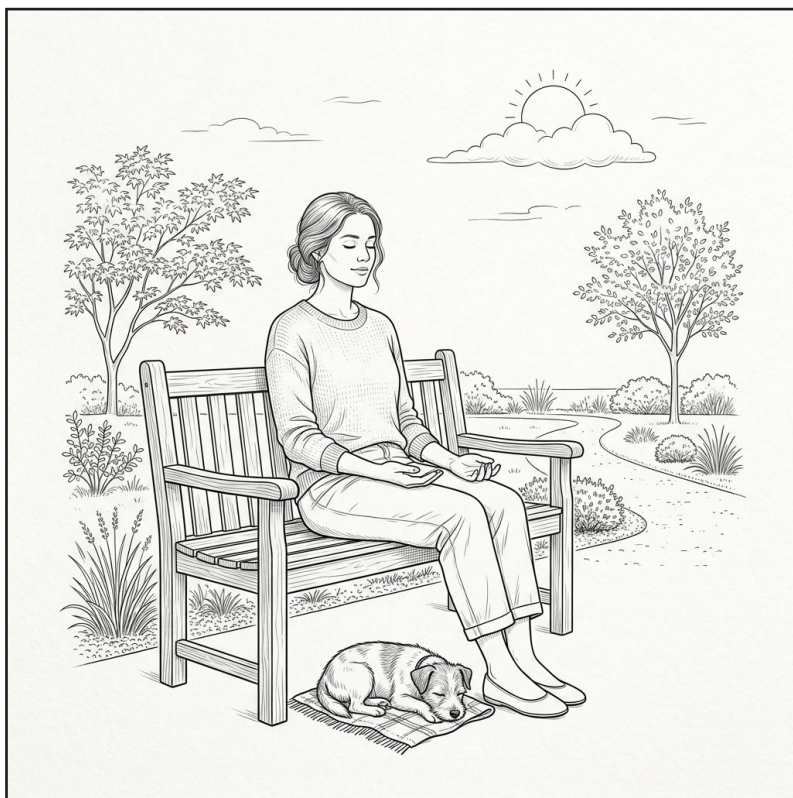
Stay in that silence for a few breaths, allowing God to meet you there. This posture trains our hearts to receive rather than strive.

“My peace I give to you; not as the world gives do I
give to you.”

— John 14:27 (NKJV)

Takeaway

Peace becomes possible when we stop striving for it and accept it from God.



BONUS DAY 8

Peace arrives when you draw close to God.



Peace develops uniquely: it takes root when we draw near to God. Not when we fix ourselves first, not when we feel worthy, not when we've "got it together," but as we come — tired, messy, honest, overwhelmed. Scripture reminds us that His presence brings peace, just as dawn brings light. When we slow down enough to be with Him, our hearts soften, and our breathing stabilizes. This is the peace that doesn't depend on circumstances, the peace Jesus promises when He says, "My peace I give to you" (John 14:27). We don't create peace — we receive it, because peace comes from being held close to God, not from being perfect.

Reflection

1. Where in your life have you been waiting to “get it together” before coming to God — and how could you come to Him just as you are instead?
2. When was the last time you felt God’s presence—and what helped you realize it?

Peace Practice 1

Sitting With God, Not Performing for Him

Find a quiet moment today, even if it's brief.

Sit still and picture God beside you—no demands, no expectations.

Whisper,

Lord, I'm here. Meet me in this moment."

This encourages us to focus on being present, not perfect.

Peace Practice 2

The Breath of Belonging

As you inhale, whisper, 'You welcome me.' As you exhale, say, 'I belong to you.' Repeat two or three times.

This teaches us that peace comes from connection, not from earning it.

*"Draw near to God and
He will draw near to you."*

— James 4:8



CLOSING



Peace is precious but fragile in our world, where life demands much from us.

Just when we feel steady, something unexpected happens—a crisis, a misunderstanding, a moment of fear, or a conflict with someone we love.

We might slip back into worry, frustration, or old thought patterns without realizing it.

This is the quiet tug-of-war we all face: God offers us peace, but the world tries to take it away.

Because our hearts are tender and our minds busy, peace can slip through our fingers as quickly as it arrives.

Peace isn't a one-time achievement; it's a daily choice to pursue again. It requires intention because everything around us pulls outward, while peace draws us inward, toward God.

We aren't failing because peace escapes; we're living in a world that unsettles us. Peace fades because we're human. And we must center, anchor, and root in God.

Grace and peace this week, Ada Banks ♥

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