



... bring up all of your requests to God in your prayers and petitions, along with giving thanks. Then the peace of God that exceeds all understanding will keep your hearts and minds safe in Christ Jesus.”
- Philippians 4:6-7 (CEB)

Peace begins when _____.

Prayer is the path to _____.

Peace is not the absence of _____,
but the _____.

True Serenity is a _____
that comes through _____.

Reflection Questions:

- † What are the things in your life you try hardest to control?
- † How might surrendering those to God bring you greater peace?
- † Where might God be inviting you to surrender instead of striving on your own?

Challenge

This week, identify one area of your life you've been trying to control. Each day, pray: "God, grant me serenity to surrender this into Your hands." Notice how peace begins to take root as you release it to God.

Daily Prayer

God of peace, I confess that I often cling to control and worry about what I cannot change. Teach me the freedom of surrender. Fill me with Your Spirit so that I may rest in Your love and trust Your care. When anxiety rises, remind me to pray and to release my heart into Your peace. Through Christ, who holds all things together, Amen.