

ReFocus Guide: God, Grant Me

Focus:

Peace begins not when life calms down, but when we learn to surrender what we can't control. Philippians reminds us that prayer is not about fixing everything—it's about releasing everything. When we turn our worries into prayers, we discover the peace of God that guards our hearts and minds. This week invites us to stop striving and start surrendering—to trust that God's peace is enough.

Day 1: The Path to Peace

Scripture: Philippians 4:6—7 (CEB)

Don't be anxious about anything; rather, 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.

Reflection:

Peace doesn't begin with control; it begins with surrender. When Paul wrote these words, he was in prison, yet he still spoke of peace. He had learned that peace is not found in the absence of hardship, but in the presence of God. Peace is not something we work for but rather something that God provides.

Questions:

What are you most anxious about today? How could turning that into a prayer instead of a worry change your outlook? What would it look like to release that to God this week?

Prayer:

God of peace, help me to bring my worries to You with open hands. Guard my heart and mind with Your peace. Amen.

Day 2: Letting Go of Worry

Scripture: Matthew 6:25—34

Who among you by worrying can add a single moment to your life
– Matthew 6:27 (CEB)

Reflection:

Jesus calls us to look at the birds and the flowers, not as a lesson in nature, but as a lesson in trust. Worry accomplishes nothing; it is faith in what God provides that reorders our perspective. God

already knows what we need. When we loosen our grip on the illusion of control, we begin to live with gratitude and peace.

Questions:

What does worry reveal about what you're trying to control? How might focusing on God's care free you from that? What is one thing you can choose to release to God today?

Prayer:

Loving God, remind me that You care for me more deeply than I can imagine. Help me to let go of what I cannot control. Amen.

Day 3: Be Still and Know

Scripture: Psalm 46:10 (CEB)

That is enough, know that I am God.

Reflection:

Stillness is not inactivity. It's an act of trust. When we quiet our hearts before God, we remember that the world does not rest on our shoulders. Peace grows when we remember who God is and we stop striving for peace ourselves.

Questions:

What makes it difficult for you to be still? How might stillness help you sense God's presence this week? Where do you need to remind yourself that God is God and you are not?

Prayer:

God, teach me to be still before You. Let Your presence calm my heart and quiet my mind. Amen.

Day 4: Casting Every Care

Scripture: 1 Peter 5:6-7 (CEB)

Therefore, humble yourselves under God's power so that he may raise you up in the last day. Throw all your anxiety onto him, because he cares about you.

Reflection:

To cast your cares is not to ignore them. It's to trust someone stronger to hold them. Peter reminds us that humility and peace go hand in hand. When we release our worries into God's hands, we discover that His care is personal, constant, and full of love.

Questions:

What would it look like for you to “throw” your anxiety onto God this week? What stops you from trusting God with your deepest concerns? How can humility lead you toward peace?

Prayer:

Faithful God, I cast my cares on You today. Remind me that You are strong enough to carry what I cannot. Amen.

Day 5: Faith that Changes the World**Scripture:** Isaiah 26:3—4 (CEB)

Those with sound thoughts You will keep in peace, in peace because they trust in you. Trust in the Lord forever, for the Lord is a rock for all ages .

Reflection:

Peace is not fragile. Rather, it’s rooted in the unshakable character of God. When we fix our minds on God’s goodness and faithfulness, our hearts grow steady. Trust becomes the pathway to peace. God’s peace does not depend on circumstances; it flows from the One who never changes.

Questions:

What helps you keep your mind focused on God’s faithfulness? How can you practice trusting God with both your past and your future? What would “perfect peace” look like in your life right now ?

Prayer:

God, You are my rock and my refuge. Fix my heart on You, and let Your peace fill me completely. Amen.

Closing Prayer:

God of serenity, thank You for inviting me into Your peace. Teach me to surrender what I cannot control and to trust You with everything I hold dear. When worry rises, remind me to pray. When I feel anxious, remind me of Your nearness. Let my life become a reflection of Your peace and grace. In Jesus’ name, Amen.