

first7

**FIND
PEACE**

A 7-Day Guide for
Inner Peace



Walk with God, One day at the time

This guide is a simple space to walk with God.

There is no pressure.
You don't need to have everything figured out.

Just show up each day.

ONE STEP IS ENOUGH.

Life can feel noisy.

Your thoughts keep moving,
your heart feels unsettled,
and rest feels far away.

We try to quiet everything around us,
but the noise inside remains.

This week is not about fixing everything.

It is about finding stillness,
right where you are.

Peace is not something you create.

It is something God gives.

Each day, take a few quiet minutes.

Read slowly.

Pause honestly.

Pray simply.

You don't need to force anything.

Just be still.

God is already near.

Day 1 — Be Still

“Be still, and know that I am God.”
— Psalm 46:10

Peace begins when you slow down.

You don't have to rush through everything.
You don't have to solve everything today.

Stillness is not weakness.
It is trust.

Today, allow yourself to pause.

Personal prayer: _____

Day 2 — Release the Noise _____

“Peace I leave with you, my peace I give
unto you.”

— John 14:27

Not every thought needs your
attention.

Not every worry needs your energy.

Peace comes when you stop holding on
to everything at once.

You can let the noise pass.

Personal prayer: _____

Day 3 — God Is Near

“The Lord is nigh unto all them that call
upon him”
— Psalm 145:18

You are not alone in this moment.
God is not distant.
He is near
Even in your quiet struggles,
He is present.
Peace grows when you remember this.

Personal prayer: _____

Reflect

Do you feel distant from God right now?

What would it look like to turn to Him today?

Prayer

*God, remind me that You are near.
Help me to rest in Your presence.*

Personal prayer: _____

Day 4 — Let Go of Control _____

“Trust in the Lord with all thine heart; and lean not unto thine own understanding.”
— Proverbs 3:5

Trying to control everything steals your peace.

You were not meant to carry it all.

Peace comes when you release control and trust God with what you cannot see.

You can let go

Personal prayer: _____

Reflect

What are you trying to control?

What would happen if you gave it to God?

Prayer

*God, I release this to You.
Help me to trust instead of control.*

Personal prayer: _____

Day 5 — Rest

“ Come unto me, all ye that labour and are heavy laden, and I will give you rest”
— Matthew 11:28

You don't have to keep pushing.
You don't have to carry everything alone.
God invites you to rest,
not just physically,
but deeply.

Rest is where peace begins to settle.

Personal prayer: _____

Day 6 — Guard Your Mind _____

“Set your affection on things above, not on things on the earth”
— Colossians 3:2

What you focus on shapes how you feel.

Peace grows when your mind is anchored in truth, not fear.
Let your thoughts rest on what is steady.

Personal prayer: _____

Day 7 — One Step at a Time _____

“Take therefore no thought for the morrow”
— Matthew 6:34

Today is enough.
Take one step.
That is all.
God will meet you there.

Personal prayer: _____

YOU DON'T NEED TO RUSH.

**YOU DON'T NEED TO HOLD EVERYTHING
TOGETHER.**

JUST BE STILL.

Peace is not far
from you.

GOD IS HERE.

**IF THIS GUIDE HAS HELPED YOU,
YOU CAN SUPPORT THE MISSION
SO OTHERS CAN EXPERIENCE THIS TOO.**

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