

7 Days of Peace

A free KJV devotional for anxious hearts

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Day 1: Bring Everything to God

Philippians 4:6 (KJV) — “Be careful for nothing; but in every thing by prayer and supplication with thanksgiving let your requests be made known unto God.”

Reflect: Nothing is too small or too big to pray about.

Action: Write down three concerns and pray over them one by one.

Pray: Lord, here is everything on my heart. I give it to You.

Day 2: You Are Cared For

1 Peter 5:7 (KJV) — “Casting all your care upon him; for he careth for you.”

Reflect: God cares about what you carry.

Action: Name a burden you have been carrying alone.

Pray: Father, thank You that You care for me. Help me let go of what I keep picking back up.

Day 3: Fix Your Mind on Him

Isaiah 26:3 (KJV) — “Thou wilt keep him in perfect peace, whose mind is stayed on thee: because he trusteth in thee.”

Reflect: Returning your attention to God can become a daily practice.

Action: Read this verse slowly when worries interrupt your day.

Pray: Lord, keep my mind stayed on You, and keep me in Your peace.

Day 4: You Are Not Alone

Isaiah 41:10 (KJV) — “Fear thou not; for I am with thee: be not dismayed; for I am thy God: I will strengthen thee; yea, I will help thee; yea, I will uphold thee with the right hand of my righteousness.”

Reflect: God's presence does not depend on feeling fearless.

Action: Reach out to one trusted person for encouragement.

Pray: Lord, when I am afraid, remind me that You are with me.

Day 5: Just Today

Matthew 6:34 (KJV) — “Take therefore no thought for the morrow: for the morrow shall take thought for the things of itself. Sufficient unto the day is the evil thereof.”

Reflect: Today deserves your attention; you do not have to solve tomorrow tonight.

Action: Choose one manageable task for today.

Pray: Lord, give me grace for today, and help me trust You with tomorrow.

Day 6: Rest Tonight

Psalms 4:8 (KJV) — “I will both lay me down in peace, and sleep: for thou, LORD, only makest me dwell in safety.”

Reflect: Bring your worries to God as you prepare for rest.

Action: Put your phone aside and read this verse before bed.

Pray: Lord, I place my worries in Your hands tonight.

Day 7: Receive His Peace

John 14:27 (KJV) — “Peace I leave with you, my peace I give unto you: not as the world giveth, give I unto you. Let not your heart be troubled, neither let it be afraid.”

Reflect: Jesus offers peace that is not dependent on perfect circumstances.

Action: Write down one way you experienced support this week.

Pray: Jesus, thank You for Your peace. Help me keep coming back to You.

Prayer and Scripture can accompany professional support. If anxiety is persistent or overwhelming, consider speaking with a qualified healthcare professional.