

SOUL ANCHORED

30-Day Scripture Reading Plan for Peace

Finding Peace in God's Word

A 30-Day Journey Through Scripture

Soul Anchored

Christian Devotionals, Bible Studies & Faith Resources

soulanchored.org

Welcome

Dear Reader,

Peace is something we all long for — yet it can feel so elusive in a world filled with noise, worry, and uncertainty. The Bible speaks of a peace that doesn't depend on circumstances — a peace that "transcends all understanding" (Philippians 4:7). This is the peace God offers freely to those who seek Him.

This 30-day plan is designed to help you quiet your heart, open your Bible, and let God's Word speak peace into your life. Each day includes:

- A **Scripture reading** — you're encouraged to open your Bible and read the passage
- A **short peace-focused prompt** — to help you reflect and apply what you've read

Whether you're walking through a storm, carrying heavy burdens, or simply longing for stillness in a busy world, these readings will anchor your soul in the Prince of Peace.

May this journey draw you closer to the God of all peace.

Blessings,

Soul Anchored

How to Use This Plan

Set a time and place. Find a quiet spot where you can be still for 10–15 minutes each day.

Read the Scripture passage. Open your Bible to the day's reading. Reading directly from Scripture allows the Word to sink deep into your heart.

Pause and reflect. After reading, spend a few moments with the daily prompt. Let it guide your thoughts and prayer.

Journal if you can. Some weeks include reflection pages — use them to write down what God is speaking to you.

Don't rush. This is not about finishing quickly. It's about meeting God in His Word and receiving His peace.

Pray. Begin and end each reading with a simple prayer, asking God to fill you with His peace.

Week 1 — The God of Peace

Day 1 — Peace That Comes from God

Reading: Philippians 4:4–9

Prompt: Paul writes about a peace that "transcends all understanding" — a peace that guards our hearts and minds even when life doesn't make sense. What worry are you holding today that you could bring to God in prayer? Take a moment now to present it to Him, with thanksgiving.

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Day 2 — The Lord Is Our Peace

Reading: Judges 6:22–24

Prompt: Gideon faced an overwhelming situation, yet he built an altar and called it "The Lord Is Peace." When you feel overwhelmed, what would it look like for you to declare that the Lord is your peace today?

Day 3 — Stillness Before God

Reading: Psalm 46:1–11

Prompt: "Be still, and know that I am God." These words invite us to stop striving and simply rest in who God is. For the next minute, sit in stillness before Him. Let go of the need to fix everything yourself.

Day 4 — Peace Like a River

Reading: Isaiah 48:17–18

Prompt: God compares peace to a river — flowing, steady, life-giving. What areas of your life feel dry or troubled? Invite God's peace to flow into those places.

Day 5 — The Shepherd's Peace

Reading: Psalm 23:1–6

Prompt: The Good Shepherd leads us beside quiet waters and restores our souls. In what area of your life do you need the Shepherd's guidance and peace today? Let Him lead you.

Day 6 — God's Thoughts for You

Reading: Jeremiah 29:11–14

Prompt: God's plans for you are good — plans to give you hope and a future. Peace comes when we trust the One who holds tomorrow. What future outcome are you anxious about? Surrender it to Him.

Day 7 — Weekly Reflection

This week's theme: The God of Peace

Take a few moments to look back over the past week.

- What Scripture spoke most deeply to you this week?
- In what moment did you feel God's peace most strongly?
- What worry or burden are you still holding? Write it down, then release it to God in prayer.

A prayer for this week:

> Lord, You are my peace. Thank You for inviting me to be still in Your presence. Help me to trust You more, to release my worries, and to rest in Your unfailing love. Amen.

Week 2 — Peace in Trials

Day 8 — Peace in the Storm

Reading: Mark 4:35–41

Prompt: Jesus spoke to the raging storm and said, "Peace! Be still!" — and the wind and waves obeyed. What storm are you facing today? Jesus has authority over every storm. Speak His peace over your situation.

Day 9 — Do Not Let Your Heart Be Troubled

Reading: John 14:25–27

Prompt: Jesus left us His peace — not the world's peace, but His own. This is not peace based on good circumstances, but peace rooted in His presence. What does it mean for you to receive the peace Jesus gives, not the world's version?

Day 10 — Peace in Suffering

Reading: 2 Corinthians 1:3–5

Prompt: God is the Father of compassion and the God of all comfort. He comforts us in our troubles so we can comfort others. How has God comforted you in a difficult season? Thank Him today.

Day 11 — Strength for Today

Reading: Isaiah 40:28–31

Prompt: Those who hope in the Lord renew their strength. Peace doesn't mean the absence of struggle — it means drawing strength from the One who never grows weary. What do you need strength for today?

Day 12 — He Will Keep You in Perfect Peace

Reading: Isaiah 26:3–4

Prompt: "You will keep in perfect peace those whose minds are steadfast, because they trust in You." Your mind is the battlefield of peace. What thoughts are you allowing to rob you of peace today? **Fix your mind on God.**

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Day 13 — Joy in the Morning

Reading: Psalm 30:4–5

Prompt: Weeping may stay for the night, but joy comes in the morning. God doesn't leave you in your sorrow. Even in the hardest night, dawn is coming. Hold on to hope.

Day 14 — Weekly Reflection

This week's theme: Peace in Trials

- What challenge or trial did you bring before God this week?
- How did God reveal His peace to you in the midst of difficulty?
- Is there someone you know who needs comfort? How could you share God's comfort with them?

A prayer for this week:

> Lord, thank You that no storm is beyond Your authority. When my circumstances feel overwhelming, anchor my soul in the truth that You are with me. Use my trials to draw me closer to You. Amen.

Week 3 — Peace Through Prayer

Day 15 — Cast Your Cares

Reading: 1 Peter 5:6–7

Prompt: "Cast all your anxiety on Him because He cares for you." God doesn't just tolerate your worries — He invites you to give them to Him. What heavy load are you carrying today? Imagine physically handing it over to God.

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Day 16 — The Peace of Christ in Your Heart

Reading: Colossians 3:12–17

Prompt: Let the peace of Christ rule in your hearts. The word "rule" here means to act as an umpire — letting peace decide your responses. Before you react today, ask: does this reflect Christ's peace?

Day 17 — Prayer That Brings Peace

Reading: Philippians 4:6–7

Prompt: Don't be anxious about anything — but in every situation, present your requests to God. The result? Peace that guards your heart and mind. Write down three things you're anxious about and turn each one into a prayer.

Day 18 — Come to Me and Rest

Reading: Matthew 11:28–30

Prompt: Jesus invites all who are weary and burdened to come to Him for rest. His yoke is easy and His burden is light. What are you trying to carry alone that He's asking you to bring to Him?

Day 19 — The Spirit of Peace

Reading: Galatians 5:22–23

Prompt: Peace is a fruit of the Spirit — it grows naturally when we walk in step with God's Spirit. You don't have to manufacture peace; you need to remain connected to the Source. In what ways can you stay close to the Spirit today?

Day 20 — God Has Not Given Us a Spirit of Fear

Reading: 2 Timothy 1:6–7

Prompt: God has not given us a spirit of fear, but of power, love, and a sound mind. Fear is not from God — peace is. When fear knocks at your door today, remind yourself of what God has already given you.

Day 21 — Weekly Reflection

This week's theme: Peace Through Prayer

- How did your prayer time change this week as you brought your anxieties to God?
- Did you experience a moment when peace "ruled" in your heart?
- What is one prayer habit you want to carry forward from this week?

A prayer for this week:

> Father, thank You that I can bring everything to You in prayer. Teach me to cast my cares on You daily and to let the peace of Christ rule in my heart. I choose prayer over worry. Amen.

Week 4 — Living in Peace

Day 22 — Peace with Others

Reading: Romans 12:17–21

Prompt: As far as it depends on you, live at peace with everyone. Peace isn't just internal — it's reflected in our relationships. Is there someone you need to forgive, reach out to, or make peace with today?

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Day 23 — Blessed Are the Peacemakers

Reading: Matthew 5:3–9

Prompt: Jesus calls peacemakers blessed, for they will be called children of God. Being a peacemaker means actively bringing God's peace into situations of conflict. Where can you be an instrument of peace today?

Day 24 — The Unity of Peace

Reading: Ephesians 4:1–6

Prompt: Make every effort to keep the unity of the Spirit through the bond of peace. Peace unites. Division, gossip, and bitterness destroy peace. What step can you take today to protect peace in your relationships?

Day 25 — Peace in Your Home

Reading: Joshua 24:14–15

Prompt: "As for me and my household, we will serve the Lord." Joshua's declaration was a choice for peace — choosing God brings peace to a home. What one change could you make to invite more of God's peace into your home?

Day 26 — Speak Words of Peace

Reading: Proverbs 15:1–4

Prompt: A gentle answer turns away wrath, but a harsh word stirs up anger. Your words can bring peace or conflict. Before you speak today, pause and ask: are my words bringing peace?

Day 27 — Run the Race with Peace

Reading: Hebrews 12:1–3

Prompt: Fix your eyes on Jesus, the author and perfecter of our faith. When we focus on Him, we shed the weights that trip us up — including anxiety and unrest. What weight do you need to lay down to run your race with peace?

Day 28 — The God of All Grace

Reading: 1 Peter 5:8–11

Prompt: After you have suffered a little while, the God of all grace will restore, confirm, strengthen, and establish you. Suffering is temporary — God's restoration is eternal. Rest in His promise to make you whole.

Day 29 — Peace That Endures

Reading: Romans 8:35–39

Prompt: Nothing can separate us from the love of God in Christ Jesus. Not trouble, hardship, or danger. If nothing can separate you from His love, then nothing can ultimately steal His peace from you. Let this truth sink deep.

Day 30 — The Legacy of Peace

Reading: Numbers 6:22–27

Prompt: The Lord bless you and keep you; the Lord make His face shine on you and be gracious to you; the Lord turn His face toward you and give you peace. This is God's blessing over you — not just for a season, but forever. Receive it today.

Week 4 Reflection

This month's theme: Living in Peace

Look back over the entire 30-day journey.

- What has changed in your heart over the past 30 days?
- Which verse or passage will you carry with you beyond this plan?
- What is one peace-filled habit you want to continue?

A prayer for this journey:

> Lord, thank You for walking with me through these 30 days. Your Word has been my anchor, Your peace my refuge. I pray that the peace I have found in You would continue to grow in my heart and flow into every area of my life. Make me an instrument of Your peace in my home, my relationships, and my world. In Jesus' name, Amen.

Closing Prayer

A Prayer for Lasting Peace

Heavenly Father,

You are the God of all peace, the Prince of Peace, the One who calms every storm and quiets every troubled heart. Thank You for meeting me throughout this journey through Your Word.

Lord, I ask that the peace I have found in these pages would not fade with the turning of the calendar. Let it take root deep in my soul — a peace that does not depend on my circumstances, but on Your unchanging character.

When anxiety rises, remind me to cast my cares on You.

When fear whispers, remind me of Your perfect love.

When life is loud, call me back to stillness before You.

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When I am weak, be my strength.

I commit to continuing this habit of sitting at Your feet, letting Your Word anchor my soul.
You are my portion, my peace, and my hope.

In the precious name of Jesus Christ,

Amen.

Your Journey Continues

This 30-day plan is just the beginning. God's Word is alive and active — there is always more peace, more truth, and more grace to discover.

Continue your journey with Soul Anchored:

- Visit **soulanchored.org** for daily devotionals, Bible studies, and prayer resources
- Share this plan with someone who needs God's peace
- Explore more Scripture reading plans and faith-building resources

"Now may the Lord of peace Himself give you peace at all times in every way. The Lord be with you all."

— **2 Thessalonians 3:16**

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