



10-Day Inner Peace Meditation Plan

Day 1: John 14:27

Read: "Peace I leave with you; my peace I give you..."

Reflect: What kind of peace does Jesus give you? How is it different from worldly peace?

Pray: Ask Jesus to replace your fear with His peace.

Practice: Breathe slowly, saying: "Your peace fills me."

Day 2: Philippians 4:6–7

Read: "Do not be anxious about anything..."

Reflect: What anxieties weigh on you? Can you offer them in prayer?

Pray: Present your worries to God with thanksgiving.

Practice: Write down your concerns and intentionally release them to God.

Day 3: Isaiah 26:3

Read: "You will keep in perfect peace those whose minds are steadfast..."

Reflect: Is your mind focused on God?

Pray: Ask for trust that leads to perfect peace.

Practice: Repeat: "I trust you completely." throughout the day.

Day 4: Psalm 4:8

Read: "In peace I will lie down and sleep..."

Reflect: Do you trust God with your rest and safety?

Pray: Surrender your fears about the night.

Practice: Before bed, thank God for watching over you.

Day 5: Colossians 3:15

Read: "Let the peace of Christ rule in your hearts..."

Reflect: What competes with Christ's peace in your heart?

Pray: Invite Christ's peace to rule over your emotions.

Practice: When conflict arises, pause and say: "Peace of Christ, rule in me."

Day 6: Matthew 11:28–29

Read: "Come to me, all you who are weary..."

Reflect: Where do you feel weary or burdened?

Pray: Lay those burdens at Jesus' feet.

Practice: Sit quietly for 5 minutes, imagining Jesus saying, "Rest."

Day 7: Romans 15:13

Read: "May the God of hope fill you with all joy and peace..."

Reflect: What role does hope play in your peace?

Pray: Ask the Spirit to fill you with hope and peace.

Practice: Share a hopeful word with someone.

Day 8: Psalm 29:11

Read: "The Lord gives strength... and peace."

Reflect: Where do you need His strength?

Pray: Ask God for both strength and peace today.

Practice: Face challenges remembering: "God gives me strength and peace."

Day 9: Proverbs 14:30

Read: "A heart at peace gives life to the body..."

Reflect: How does inner peace affect your well-being?

Pray: Ask for freedom from envy or unrest.

Practice: Focus on gratitude to cultivate peace.

Day 10: 2 Thessalonians 3:16

Read: "May the Lord of peace himself give you peace at all times..."

Reflect: Can you trust God to give you peace in every circumstance?

Pray: Invite the Lord to give you peace at all times.

Practice: As you go about your day, repeat: "You are my peace."

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