

DAY 4



DAY 4 – GOD’S LASTING PEACE

PREPARE

Pray and ask God to bless your heart with his lasting peace as you read today’s Scripture.

READ: PSALM 4

Answer me when I pray,
O God, my defender!
When I was in trouble, you helped me.
Be kind to me now and hear my prayer.

How long will you people insult me?
How long will you love what is worthless
and go after what is false?

Remember that the LORD has chosen the righteous for his own,
and he hears me when I call to him.

Tremble with fear and stop sinning;
think deeply about this,
when you lie in silence on your beds.

Offer the right sacrifices to the LORD,
and put your trust in him.

There are many who pray:
“Give us more blessings, O LORD.
Look on us with kindness!”
But the joy that you have given me
is more than they will ever have
with all their grain and wine.

When I lie down, I go to sleep in peace;
you alone, O LORD, keep me perfectly safe.

REFLECT

True rest is more than easing an aching body; it quiets an anxious heart.

King David knew the feeling of intense pressure. Enemies questioned his reputation, and unrest stirred around him, yet he could still testify to the rest God gives: “When I lie down, I go to sleep in peace; you alone, O LORD, keep me perfectly safe” (**Psalm 4:8**). Notice that nothing in

David's situation changed overnight. What changed was his focus. He moved his attention from the noise to the God who listens, answers, and protects.

The prophet Isaiah echoes this promise, connecting our trust in God to the peace he gives (**Isaiah 26:3**). Perfect peace does not mean a life without deadlines, bills, or conflict. It means a settled confidence that the one who never sleeps stands guard over every detail of our lives.

Jesus fulfills this promise for us today. In him, we find a peace beyond anything the world has to offer: "Peace is what I leave with you; it is my own peace that I give you. I do not give it as the world does. Do not be worried and upset; do not be afraid" (**John 14:27**). His peace is steady, not fragile—rooted in the power of our loving God. When we bring every burden and concern to God, his peace guards our hearts and minds, allowing us to rest securely despite our circumstances (**Philippians 4:6-7**).

You may not control tomorrow's news or what challenges you will face in the future, but you can choose where you rest your thoughts tonight. Shift your focus from what you cannot control to the God who controls all things. Meditate on the love of your Savior, who invites you to find your rest in him. In his care, you can lie down in confidence and wake refreshed with his promises—tomorrow, and every day!

PRACTICE

1. Before bed tonight, read **Psalm 4** aloud, asking Jesus to guard your thoughts, quiet your heart as you sleep, and help you wake up with a renewed trust in him.
2. Identify one way that you can realign your life with God's pattern of rest—whether it's less screen time, a new devotional rhythm, or time set aside on the Sabbath to refresh your heart with prayer. Ask God to help this new commitment anchor your days in his presence.
3. Write down a short prayer of gratitude to God for the peace and rest you experienced this week as you journeyed through these promises from his Word.

PRAY

Heavenly Father, settle my restless thoughts. Renew my identity, priorities, and peace in you alone. Let your presence be my security tonight and always. Amen.

THANKS!

Rest in Christ is a daily invitation to trust, slow down, and live from his strength. Keep practicing these rhythms and explore these additional passages:

Isaiah 30:15a

The Sovereign LORD, the Holy One of Israel, says to the people, “Come back and quietly trust in me. Then you will be strong and secure.”

Mark 6:31

There were so many people coming and going that Jesus and his disciples didn’t even have time to eat. So he said to them, “Let us go off by ourselves to some place where we will be alone and you can rest a while.”

Hebrews 4:9-11

As it is, however, there still remains for God’s people a rest like God’s resting on the seventh day. For those who receive that rest which God promised will rest from their own work, just as God rested from his. Let us, then, do our best to receive that rest, so that no one of us will fail as they did because of their lack of faith.

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May Jesus’s rest renew you every day!

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