

The background of the entire page is a soft, painterly illustration of a landscape. It features rolling hills, a winding river that flows from the bottom right towards the center, and a dense forest of trees. The color palette is dominated by warm, muted tones of orange, red, and brown, suggesting an autumn or sunset scene. The lighting is diffused, creating a hazy, ethereal atmosphere. The overall composition is balanced and serene, with the text overlaid in the center.

Rest *for Your* Heart

Finding Peace in the Presence and Person of Jesus



AMERICAN BIBLE SOCIETY

A 4-DAY JOURNEY THROUGH GOD'S WORD

Explore your freedom in Christ with us!

Welcome!

Rest for Your Heart is a 4-day journey to true peace, found only in the presence and person of Jesus Christ. We invite you to open your Bible with us as we take a deeper look at this topic in God's written Word.

—*Your Friends at American Bible Society*



A full-page background image of a misty forest. Tall, slender trees with light-colored bark stand in a field of dense purple flowers. The scene is bathed in a soft, golden light, creating a dreamy atmosphere. The text 'Day 1' is overlaid in the upper right quadrant.

Day 1 |

Read: Philippians 4:6-7 (CEV)

Don't worry about anything, but pray about everything. With thankful hearts offer up your prayers and requests to God. Then, because you belong to Christ Jesus, God will bless you with peace that no one can completely understand. And this peace will control the way you think and feel.

Reflect

There are plenty of things to worry about. From work and finances to home life, relationships, or the latest tragedy on the news—we're rarely faced with a week of utter bliss.

Sadly, that's part of living in broken world, but it doesn't mean worry has to rule us.

In Isaiah 9:6, the coming Messiah is called the "Prince of Peace." This title was prophetic, pointing to Jesus's first coming, where he would make peace between us and God through his death and resurrection. Yet, it's also a name that speaks to one of the precious gifts we receive in him, here and now, as we await his second coming: "the peace of God, which surpasses all understanding" (Phil. 4:7, ESV). Or more simply put, "peace that no one can completely understand" (CEV).

Have you ever met someone grieving the loss of a loved one who is still full of hope? Or maybe you've had a friend battling cancer who, even during treatment, is still finding things to be grateful for? That is the peace of God. It's a calm assurance that doesn't depend on circumstances. And it's not only for life's toughest battles. When we let the presence and person of Jesus rule in our hearts, peace can become our default setting.

The peace of God isn't tied to our circumstances—it comes from knowing him. Even when life feels overwhelming, we can pray for his peace to steady our hearts and minds.

Practice

You don't have to sit in your worry any longer; you can release it to God today through prayer! Make a list of everything weighing you down, then go one by one and, through prayer, give your worry over to God, trusting in his ability to effectively handle each one.

Pray

Heavenly Father, I'm so grateful that I don't have to carry this weight all on my own. I know that you see my needs and will provide for me in every season. I am handing over my worries to you today. Please fill me with your peace. In Jesus's name, Amen.

