



PEACE IN THE STORMS

TRUSTING JESUS EVEN IN THE CHAOS



A MVMNT STDNTS Devotional

Day 1: What Is True Peace?

Bible Passage: John 14:27

Passage Breakdown

Jesus speaks to His disciples before the cross. He promises them peace—but not the kind the world gives. Worldly peace depends on circumstances; Jesus' peace stays even when life feels uncertain. This peace comes from trusting Him and knowing He is in control.

Discussion Questions

What kinds of things does the world say will bring peace?

How is Jesus' peace different from those things?

What worries are making it hard for you to feel peaceful right now?

Memory Verse:

“Peace I leave with you, my peace I give unto you: not as the world giveth, give I unto you.” – John 14:27a

Action Step

Write down one worry you’ve been holding onto. Pray and intentionally give that worry to Jesus today.

Closing Prayer

Jesus, thank You for offering peace that doesn’t depend on my situation. Help me trust You more than my fears. Teach me to rest in You. Amen.

Day 2: Peace Begins With God

Bible Passage: Romans 5:1

Passage Breakdown

Sin separates people from God, and that separation creates unrest inside us. Through faith in Jesus, we are made right with God. Peace begins when our relationship with Him is restored.

Discussion Questions

Why do you think sin creates distance between people and God?

What does it mean to have peace with God?

How does knowing you're forgiven change how you feel?

Memory Verse:

“Therefore being justified by faith, we have peace with God through our Lord Jesus Christ.” – Romans 5:1

Action Step

Thank Jesus today for forgiving your sins and restoring your relationship with God.

Closing Prayer

God, thank You for loving me enough to send Jesus. Thank You that I can have peace with You because of Him. Help me live in that truth. Amen.

Day 3: Peace When You're Anxious

Bible Passage: Philippians 4:6–7

Passage Breakdown

God doesn't tell us to ignore anxiety—He invites us to bring it to Him. When we pray instead of panic, God promises peace that goes beyond our understanding. His peace guards our hearts and minds.

Discussion Questions

What are some common things students worry about?

Why is prayer a better response than panic?

What does it mean that God's peace "guards" us?

Memory Verse:

“And the peace of God, which passeth all understanding, shall keep your hearts and minds through Christ Jesus.” – Philippians 4:7

Action Step

When you feel anxious today, pause and pray instead of reacting right away.

Closing Prayer

Lord, You know my worries before I say them out loud. Help me bring everything to You. Fill me with Your peace today. Amen.

Day 4: Peace Through Trust

Bible Passage: Isaiah 26:3

Passage Breakdown

God promises perfect peace to those who keep their minds focused on Him. Trusting God doesn't mean life is easy—it means we believe God is faithful no matter what.

Discussion Questions

What distracts your mind from trusting God?

Why do you think trust leads to peace?

How can you focus your thoughts on God daily?

Memory Verse:

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

Action Step

Spend five quiet minutes today focusing on God—no phone, no music, just prayer.

Closing Prayer

God, help me keep my mind focused on You. Teach me to trust You even when I don't understand what's happening. Amen.

Day 5: Peace in the Middle of Storms

Bible Passage: Mark 4:39–40

Passage Breakdown

Jesus calms a raging storm with just His words. The disciples were afraid, but Jesus was in control the entire time. Even when storms rage in our lives, Jesus is still present and powerful.

Discussion Questions

What “storms” do students face today?

Why do you think the disciples were still afraid even with Jesus there?

How does knowing Jesus is with you bring peace?

Memory Verse:

“Why are ye so fearful? how is it that ye have no faith?” – Mark 4:40

Action Step

When life feels overwhelming, remind yourself: Jesus is with me.

Closing Prayer

Jesus, thank You that You are stronger than any storm. Help me trust You instead of being ruled by fear. Amen.

Day 6: Peace With Others

Bible Passage: Colossians 3:15

Passage Breakdown

God's peace should guide how we treat others. When we follow Jesus, His peace helps us forgive, show patience, and live in unity—even when it's hard.

Discussion Questions

Why is it hard to have peace with others sometimes?

How can Jesus help us forgive?

What does it look like to let God's peace "rule" your heart?

Memory Verse:

“And let the peace of God rule in your hearts.” — Colossians 3:15a

Action Step

Make peace with someone this week—apologize, forgive, or show kindness.

Closing Prayer

Lord, help me reflect Your peace in how I treat others. Give me a heart that forgives and loves like You do. Amen.

Day 7: Jesus Is the Source of Peace

Bible Passage: John 16:33

Passage Breakdown

Jesus never promised an easy life—but He promised peace in Him. Because Jesus has overcome sin, death, and the world, we can have hope and peace no matter what we face.

Discussion Questions

Why is it encouraging that Jesus understands our struggles?

How does Jesus overcoming the world give you peace?

What does it mean to live “in” Jesus?

Memory Verse:

“In me ye might have peace.” – John 16:33a

Action Step

Choose to start each day this week by asking Jesus to lead your life.

Closing Prayer

Jesus, thank You for being my source of peace. Help me stay close to You and trust You every day. I choose You. Amen.