

Be Still and Know That I AM God

DEVOTIONAL EXERCISES FOR PEACE

1. Practice sitting still and quiet, and turn off all devices. “Be still and know that I am God.”
2. Let the stillness declutter your mind, then open your heart to the Lord’s presence.
3. Invite the Lord to be a part of your morning.
4. Pray to the Lord for a renewal of your heart and mind.
5. Pray to the Lord for more of His spirit in your life, so you can be guided by wisdom in everything you do.
6. Ask the Lord to set a guard at your mouth so you do not say anything during the day that will harm others or yourself.
7. Ask the Lord to give you a merciful heart towards others, so you can see them through His eyes.
8. Go to the Lord with a grateful heart and give him thanks for all the blessings in your life.
9. Cast all of your cares, concerns, and heartaches onto the Lord.
10. Put all of your trust in the Lord and let Him lead you throughout the day.
11. Commit all of your plans to the Lord and ask Him for protection and guidance.
12. Commit your whole day to the Lord and ask Him to cover it with His anointing.
13. Give thanks and praises to the Lord and rejoice in the new day that He has given.
14. Ask the Lord for a new level of self-discipline so you can do your best.
15. Ask the Lord to cleanse you from all unrighteousness, so you can bring glory to His name.
16. Memorize Scripture, by writing it down, repeating it to yourself, and placing it around your home as reminders.