

CHRISTIAN WOMEN'S CORNER  
7-DAY DEVOTIONAL JOURNAL

A woman is seen from the back, wearing a black hat and a grey shirt. She is looking out over a field of green plants under a warm, golden sunset sky. The sun is low on the horizon, creating a soft glow. The text is overlaid on the lower half of the image.

**How To Be At  
Peace When Life  
Spins Out Of  
Control**

# Welcome

## IT'S TIME TO DIG A LITTLE DEEPER INTO HOW TO BE AT PEACE WHEN LIFE SPINS OUT OF CONTROL.

This 7-day devotional journal was created to complement our [How To Be At Peace When Life Spins Out Of Control](#) blog post. Journaling is a great way to help you digest what you're learning through the written word. We hope you find this useful when you are searching for peace. Enjoy your journaling time!

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**Alicia Bowyer**

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## Sharing Peace

"Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid." – John 14:27

Carrie woke up from a lengthy surgery. Since her body had difficulty metabolizing medication, she often had wild and unexpected side effects. To protect her, the medical team opted to strap her arms and legs to her gurney.

Still suffering the effects of the medicine, Carrie's whole body began shaking and she felt cold all over. She tried to speak but she still had a tube in her throat that hadn't been removed yet.

She was terribly frightened and feeling alone when one of the nurses took her hand. Gently, she leaned over her and spoke in a soothing tone.

"I know you're scared right now. You just came through surgery so you're probably feeling woozy. But you're safe in the hospital room. I'm right here and I'll stay with you until you start feeling better."

Instantly, Carrie felt comforted at the nurse's words. As her tremors ceased, she felt her anxiety begin to melt away. She is thankful God sent a compassionate nurse to share peace with her in the middle of a scary moment.

***God, when I see someone who is anxious, give me compassion. Show me how to soothe and comfort them so they feel Your presence. In Jesus' name, Amen.***

## Journal Your Thoughts

1. What situations make you feel scared and alone?

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2. Have you ever had someone in your life comfort you in a moment you needed it?

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3. Who can you comfort in the middle of their pain this week?

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## Go In Peace

Then David accepted from her hand what she had brought him and said, “Go home in peace. I have heard your words and granted your request.” – 1 Samuel 25:35

Abigail was tending to her home when one of her servants came to warn her. He explained that David and his men had spent months protecting her husband’s sheep and looking out for their shepherds.

“But when David sent a message, asking for food and water for his men, your husband would have none of it. Now, David is headed this way and he looks very angry. All of us will perish for your husband’s insult.”

Abigail quickly mobilized her household. She sent food ahead to David and met him on the path up to her house. Quickly, she explained that she had not seen the men and begged his forgiveness.

Rather than respond by showing power or anger, Abigail came humbly. She brought peace into a difficult situation and saved her entire household by doing so.

“The next time you’re tempted to respond to someone harshly, remember Abigail. With a soft answer and a kind spirit, she turned away David’s wrath.

**God, please guard my responses today. Help me to approach each situation with humility, seeking a peaceful outcome for both sides. In Jesus’ name, Amen.**

# Journal Your Thoughts

1. When have you responded harshly and regretted it?

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2. When have you responded with gentleness and humility? How did the situation turn out?

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3. What situation are you struggling with how to respond to this week? What would a gentle, humble answer look like?

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## Peace In His Arms

“He tends his flock like a shepherd: He gathers the lambs in his arms and carries them close to his heart; he gently leads those that have young.” – Isaiah 40:11

Mary and her husband already had five children when they learned she was pregnant with her sixth baby. Aaron was born prematurely and had to spend several weeks in the hospital.

When he came home, Aaron often had difficulty feeding. Mary says, “The doctor said that was common in preemies. Their digestive systems aren’t always as strong. So after every meal, Aaron would cry and cry.”

Aaron’s father was the only one who could comfort the small baby. “It didn’t matter how early Cameron had to get up the next day for work. He’d wake throughout the night to comfort Aaron. One night he held him for hours, walking the floor.”

During times of distress, it’s easy to think God has abandoned you. But just as Cameron rose to hold his son each time he cried, God rises to comfort you.

Sometimes, He might do this by sending a friend to speak a kind word over you, providing for your material needs, or putting someone in your path to listen to you.

***God, when I’m in need of comfort, help me to remember that You’re holding onto me. Let me rest peacefully in Your arms. In Jesus’ name, Amen.***

# Journal Your Thoughts

1. How has God comforted you in the middle of a difficult situation?

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2. What situations or circumstances are causing you distress?

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3. Write out a prayer asking God to comfort you this week.

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## Gathering In Peace

“Let us therefore make every effort to do what leads to peace and to mutual edification.” – Romans 14:19

Angela had insisted on family dinners since her kids were small. The meals they ate weren't fancy and their tiny dining room wasn't one you'd see featured in a magazine. But there had always been lots of love around the table.

As the kids became teenagers, Angela noticed a shift in their attitudes. Now, dinner together was becoming less about spending time together and more about bickering. The kids fought over who had to do chores and made mocking jokes about each other.

Finally, Angela decided to create a new rule. “We gather in peace. If you have an issue to discuss with your siblings, that's fine. But we're not here to bicker. We're family and our goal is to encourage and strengthen each other.”

Even loving families have their disagreements. But a disagreement doesn't have to turn into a shouting match or a bickering fest. You can discuss important topics with kind attitudes and remain peaceful.

***God, please help me with my family. We struggle to be kind and loving toward each other sometimes. Show me how to be an example of peace and unity. In Jesus' name, Amen.***

# Journal Your Thoughts

1. What family traditions matter to you?

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2. How can you keep a spirit of bickering and unkindness from affecting your family?

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3. Have you ever spoken up when others in your family were being unkind to each other?

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## Peace In The Middle Of A Detour

“Let the peace of Christ rule in your hearts, since as members of one body you were called to peace. And be thankful.” – Colossians 3:15

Olivia was busy grocery shopping when she heard someone call out for help. She looked up to see a woman in the checkout line, swaying.

Olivia quickly abandoned her cart and hurried over to the other woman. She led her to a bench and began asking her questions. “Ma’am, are you all right? Do you have a medical condition like diabetes?”

The other woman weakly explained that she’d been working in her yard all day and had forgotten to eat. A store employee brought her a tray of food and another customer grabbed the woman a drink.

Although Olivia had a lot of errands to run that day, construction had blocked her path. So, she decided to go to the grocery store first and she was grateful she was there to help the other shopper in need.

Sometimes, God redirects your daily path so you can minister to someone in need. Perhaps God wants you to speak a word of encouragement over the single mom you meet or maybe He wants you to comfort a crying child.

***God, sometimes I’m tempted to cling tightly to my daily plans. But my day is Yours; use it as You will. Move me where You want me to minister. In Jesus’ name, Amen.***

# Journal Your Thoughts

1. How did you take it when you're forced to change your plans for the day?

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2. Are your eyes open looking for those who might need help today?

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3. Have you ever had a stranger show you kindness?

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## Pray For Peace

“The night before Herod was to bring him to trial, Peter was sleeping between two soldiers, bound with two chains, and sentries stood guard at the entrance.” – Acts 12:6

Peter was celebrating at a Jewish festival when King Herod had him arrested and imprisoned. He had every reason to be fearful for his life. Days earlier, Herod had ordered the execution of James, another disciple.

Yet the night before Peter was to meet with Herod, he was sleeping soundly. Most people would be up, pacing the floor and trying to come up with the right words to convince an evil man to spare their life.

But not Peter. How was it he was able to sleep so soundly that evening? The answer can be found in Acts 12:5.

“So Peter was kept in prison, but the church was earnestly praying to God for him.”

You might be tempted to thinking praying for a friend to have peace before surgery or a job interview doesn't matter. But it does. Your prayers not only have power; they can bring peace to those who are living in the middle of the unknown.

***Dear God, I pray for [friend's name] today. I ask for peace as they face [situation]. Give them wisdom and discernment as they need it. Let them feel Your love surrounding them. In Jesus' name, Amen.***

# Journal Your Thoughts

1. Who have you prayed for? What answers to those prayers did you see?

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2. Has someone interceded for you? How did the situation turn out?

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3. What would you say to Peter to encourage him that night?

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## Peace Be With You

A week later his disciples were in the house again, and Thomas was with them. Though the doors were locked, Jesus came and stood among them and said, "Peace be with you!" – John 20:26

After Jesus was crucified, His disciples worried they would be the next targets. So, they all gathered into a room and hid out. They locked the doors, turned off the lights, and waited.

Then Jesus shows up. He doesn't knock politely at the door. He doesn't announce His presence loudly. He simply shows up in the middle of the room and proclaims, "Peace be with you!"

It's hard to blame the disciples—we all face situations that we want to hide from. Maybe you're waiting on test results from the doctor and all you want to do is avoid his calls.

Perhaps you've just learned your spouse is cheating and you don't want to come home. Maybe there's a warrant out for your son's arrest and you want to hide from your community.

Whatever happens, you can rest secure in the knowledge that Jesus is with you right now. What He said to His disciples is the same thing He's saying to you, "Peace be with you!"

***God, I feel overwhelmed by fear and shame. Everything feels like it's falling apart and I'm scared. I'm ready to hide out. Please remind me that You're here. Grant me the peace that comes from Your presence. In Jesus' name, Amen.***

## Journal Your Thoughts

1. What's going on in your life that you want to hide from?

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2. What emotions are you experiencing?

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3. What would you say to Jesus if He appeared in the room with you right now?

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# *Congratulations!*

**You completed the 7-day Be At Peace When Life Spins Out Of Control devotional journal!**

**Our hope is that you will feel Gods presence, grace and peace while going through difficult times. Bless you on your journey.**



# Join Our Facebook Group For Friendly Accountability And Community



**The Christian Women's Corner private Facebook group was created with you in mind. CWC's goal is to provide and facilitate encouragement, accountability, and community for Christian women.**

**The CWC private Facebook group includes both Christian Women's Corner and Good Morning Girls resources.**

## **What is Good Morning Girls?**

**Good Morning Girls meets online daily to keep each other accountable in God's word and in prayer as we read through the Bible cover to cover just one chapter a day.**

**We're excited and hope you will join our private Facebook group to start reading the word of God daily and have the accountability to keep up this habit and read through the entire Bible with us.**

**To find out more about the Christian Women's Corner Facebook group, please click the green button below.**

**CLICK HERE**

# About The Author



Alicia Bowyer created Christian Women's Corner after talking to a good friend one day. They discussed how hard it was to keep up with daily prayer, Bible reading, and telling others about Jesus who didn't share their faith. She knew that some might not struggle with these three things, but many do.

She wanted to take the knowledge that she gained from over 40 years on her Christian walk and help others.

Alicia lives in Barrie, Ontario, Canada, with her family, whom she loves dearly.

To find out more, visit: [www.ChristianWomensCorner.com](http://www.ChristianWomensCorner.com)