

Day 1- When the World Feels Too Loud

SCRIPTURE

*“Be still, and know that I am God.”
— Psalm 46:10*

DEVOTIONAL

Chaos convinces us that peace is impossible unless everything around us settles. But God invites you to discover stillness within—even when life feels anything but still. Calm begins not with quiet circumstances, but with a quieted spirit anchored in Him.

REFLECTION

- Where do I feel the most noise in my life right now?
- What would one minute of stillness offer me today?

TODAY’S CALM PRACTICE

Sit for 60 seconds in silence. Breathe slowly and say:
“God, You are here. I am safe.”

PRAYER

Lord, quiet the noise inside me. Draw me back to Your presence.
Amen.

Day 2 — God Meets You in the Overwhelm

SCRIPTURE

*“When my heart is overwhelmed, lead me to the rock
that is higher than I.”
— Psalm 61:2*

DEVOTIONAL

Anxiety convinces you that you must climb out of overwhelm alone. But God comes to you in it. He doesn't wait for you to be composed—He meets you in the very moment your chest tightens, your thoughts race, and your strength falters.

REFLECTION

- What part of my life feels “too much” right now?
- Where do I need God to meet me today?

TODAY'S CALM PRACTICE

Place your hand on your heart and breathe in for 4, out for 6.

Whisper: “Lead me higher, Lord.”

PRAYER

Anchor me when I feel unsteady, God. Lift my eyes above the chaos to You. Amen.

