

7-Day Devotional



The Journey Back to Peace

A Simple Path to Rest, Trust, and Renewal



LIZ FLOYD MINISTRIES

DAY 1

When You Feel Spiritually Tired

SCRIPTURES

"The Lord is my strength and my shield; my heart trusts in Him, and I am helped." — Psalm 28:7

"But those who wait on the Lord shall renew their strength..." — Isaiah 40:31

REFLECTION

Sometimes the daily grind and the constant demands of life wear us out. We find ourselves battle-worn, weary, and simply tired—sick and tired of being sick and tired.

In those moments, it's easy to feel like we have nothing left to give. But God never intended for us to carry life's burdens in our own strength. He invites us to come to Him—to lay it all down.

When we turn to God, trust Him, and lean on Him fully, He strengthens us in ways we cannot do on our own. His strength sustains us. His power renews us.

As we wait on Him—truly wait, with expectation and hope—He lifts us. He restores what life has drained. He gives us the strength to keep going, not in our own power, but in His.

PRAYERS

Lord, I come to You tired and in need of Your strength. I release every burden, every worry, and every place of exhaustion into Your hands. Renew me, restore me, and help me to rely fully on You. Thank You for being my strength when I have none. In Jesus' name, Amen.

APPLICATION / JOURNALING

What is one burden you need to release to God today? Take a moment to surrender it fully to Him.

DAY 2

Trusting God
in the Waiting

SCRIPTURES

"I waited patiently for the Lord; He turned to me and heard my cry." — Psalm 40:1

"Trust in the Lord with all your heart..." — Proverbs 3:5-6

REFLECTION

There are seasons in life when we don't know what to do or which direction to take. Nothing seems clear, and the silence can feel overwhelming.

Waiting on God is not easy. In fact, it may be one of the hardest things we are called to do. We often want to move ahead, fix things, or figure it out on our own. But experience teaches us that doing things in our own strength often leads to frustration, exhaustion, and regret.

God calls us to something different—to trust Him fully, even when we don't understand. His timing is perfect, even when it requires us to wait.

The psalmist reminds us that God hears us when we cry out to Him. He is not distant. He is present. And while we wait, He is working. Waiting is not wasted time—it is a season where faith is strengthened and trust is deepened.

PRAYERS

Father, help me to trust You in the waiting. When I feel uncertain or restless, quiet my heart and remind me that You are in control. Teach me to be patient and to rely on Your timing, not my own. Thank You for hearing me when I call on You. In Jesus' name, Amen.

APPLICATION / JOURNALING

Where in your life are you struggling to wait on God? What would it look like to trust Him in that area today?

DAY 3

Letting Go and
Letting God

SCRIPTURES

"For I know the plans I have for you," declares the Lord, "plans for your welfare and not for evil, to give you a future and a hope." — Jeremiah 29:11

REFLECTION

Are you holding on to something—or someone—that God is asking you to release?

It could be a relationship, a situation, a dream that didn't come to pass, or expectations that were never fulfilled. Holding on can leave us feeling worn out, anxious, and emotionally drained—like we're on a constant roller coaster.

God doesn't want you bound. He wants you free. Letting go isn't always easy, especially when it involves people we love or things we deeply desire. But holding on too tightly can keep us from experiencing the peace God has for us.

When we release what we cannot control and place it into God's hands, we make room for Him to move. God can do more in a moment than we can accomplish in a lifetime.

His plans for you are good. They are filled with peace, purpose, and hope. As you surrender fully to Him, He replaces your anxiety with a peace that goes beyond understanding.

Let go—and trust God with the outcome.

PRAYERS

Lord, I surrender what I've been holding on to. You know the weight it has placed on my heart. Help me to release it fully into Your hands and trust Your plan for my life. Fill me with Your peace and remind me that Your plans are good. In Jesus' name, Amen.

APPLICATION / JOURNALING

What is something God is asking you to let go of? What would it look like to fully surrender it to Him today?

DAY 4

Help When
You Need It

SCRIPTURES

*"I lift up my eyes to the hills—where does my help come from? My help comes from the Lord, the Maker of heaven and earth." —
Psalm 121:1-2*

REFLECTION

Are you struggling today—financially, emotionally, or physically? Maybe you're feeling overwhelmed, carrying a weight that makes it hard to take the next step forward.

We all face seasons like this. The question is: where do we turn for help?

The psalmist reminds us to look up—to shift our focus from our problems to God. Our help doesn't come from our own strength or ability. It comes from the Lord, the Maker of heaven and earth.

God is not distant from your situation. He is a present help in times of trouble. He sees your struggle, He knows your pain, and He is with you right in the middle of it.

You don't have to carry it alone. Jesus promised the Holy Spirit—the Comforter—to guide you, strengthen you, and walk with you through every challenge. As you turn your burdens over to God, He brings peace, restores your strength, and carries what you cannot.

PRAYERS

Lord, I need Your help today. You see what I'm facing, and I bring it all to You. Strengthen me where I am weak, comfort me where I am hurting, and guide me through this season. Help me to trust You fully and to lean on You instead of trying to do it on my own. Thank You for being my ever-present help. In Jesus' name, Amen.

APPLICATION / JOURNALING

What area of your life do you need God's help in today? Take a moment to release it to Him and ask for His guidance and strength.

DAY 5

One Touch of
His Hand

SCRIPTURES

“Daughter, your faith has made you well. Go in peace and be healed of your affliction.” — Mark 5:34

REFLECTION

Are you feeling discouraged or broken today? Maybe you’ve been searching for healing but haven’t found the answers you need.

Jesus brings healing and wholeness. With just one touch from His hand, everything can change.

I was reminded of this when my phone suddenly stopped working. It wouldn’t turn on, and no one seemed able to fix it. I took it from place to place, searching for help, but nothing worked. Finally, I went to another repair shop. The technician picked it up—and with just one touch, it powered on like new. He understood exactly what it needed.

In that moment, I thought about Jesus—the True Master.

In the Bible, there was a woman who had suffered for years, searching everywhere for healing. Nothing worked. But she believed that if she could just touch the hem of Jesus’ garment, she would be made whole. And with that one touch, she was instantly healed.

Jesus still heals. He still restores. He still makes all things new.

One touch from Him can bring what nothing else could.

PRAYERS

Lord, I come to You in faith, believing that You are able to heal, restore, and make me whole. Touch every area of my life that needs Your power. Strengthen my faith and help me trust You fully. Thank You for being my healer. In Jesus' name, Amen.

APPLICATION / JOURNALING

Where do you need God's healing touch in your life today?
Take a moment to bring it before Him in faith.

DAY 6

God Sees You

SCRIPTURES

"The eyes of the Lord are on those who fear Him, on those whose hope is in His unfailing love." — Psalm 33:18

REFLECTION

Have you ever wondered if God truly sees what you're going through?

Sometimes it can feel like you're navigating life alone—like no one notices the weight you're carrying or the struggles you're facing. In those moments, you may even question if God sees or cares.

But take comfort in this truth: God sees everything—and He sees you.

He sees your struggles, your pain, your frustration, and your heartache. He has not forgotten you. He is not distant. He is right there with you, walking beside you every step of the way.

Scripture reminds us that the eyes of the Lord are on those who place their hope in His unfailing love. One of the names of God is Jehovah El Roi—the God who sees.

You are never alone. The God who sees you also cares deeply for you.

Even in your lowest moments, He is present. Just as He saw Jesus in His suffering, He sees you in yours. And through it all, He is working—according to His purpose and His plan.

Today, rest in the assurance that you are seen, known, and loved by God.

PRAYERS

Lord, thank You for seeing me. Even in the moments when I feel overlooked or forgotten, remind me that You are near. You know my struggles, my pain, and my heart. Help me to trust that You are working in my life, even when I cannot see it. Strengthen me and give me peace in knowing that I am never alone. In Jesus' name, Amen.

APPLICATION / JOURNALING

Where have you been feeling unseen or overlooked? Take a moment to bring that to God and rest in the truth that He sees and cares for you.

DAY 7

Resting Under
His Wings

SCRIPTURES

"In peace I will lie down and sleep, for You alone, Lord, make me dwell in safety." — Psalm 4:8

*"Come to Me, all you who are weary and burdened, and I will give you rest."
— Matthew 11:28*

REFLECTION

There was once a series of commercials for a hotel chain that promised to "leave the light on for you." It gave a sense of comfort—like no matter how tired you were, there was always a place prepared and waiting.

In a much deeper way, God offers that same invitation. He is waiting for you to come and rest.

So many of us carry burdens we were never meant to carry. We push through exhaustion, stress, and worry, trying to manage everything on our own. But Jesus gently calls us to come to Him—to lay it all down. In His presence, there is rest for your soul.

Scripture reminds us that God covers us under His wings, shielding us with His love and faithfulness. When we choose to rest in Him, our worries begin to fade, and our hearts become lighter.

Jesus is also the Prince of Peace. The night before He went to the cross, He gave His disciples a powerful promise—His peace.

Not the kind of peace the world offers, but a deep, steady peace that calms the heart and quiets the mind.

Peace doesn't come from having everything figured out. It comes from trusting the One who holds everything together.

PRAYERS

Lord, I come to You ready to rest. I release every burden, every worry, and every fear into Your hands. Thank You for Your peace that calms my heart and quiets my mind. Help me to trust You fully and to rest in Your presence. Cover me with Your peace and remind me that I am safe in You. In Jesus' name, Amen.

APPLICATION / JOURNALING

What is weighing on your heart today? Take time to surrender it to God and choose to rest in His peace.

A Personal Invitation

If you've walked through this 7-day journey and your heart is longing for peace, know this:

True peace is found in a relationship with Jesus Christ.
Jesus is the Prince of Peace. To know Him is to know peace.
Know Jesus. Know Peace. No Jesus. No Peace.

Receive Jesus Today

Dear Heavenly Father,
I know that I am a sinner, and I need Your forgiveness.
I believe that Your Son, Jesus Christ, died on the cross for my sins
and rose again. I repent of my sins and turn to You.
Jesus, please come into my heart and be my Lord and Savior.
I surrender my life to You.
Thank You for loving me, forgiving me, and giving me new life.
I choose to follow You from this day forward.
In Jesus' name, Amen.

If you prayed this prayer, you are not alone. You have taken the first step into a new life filled with hope, peace, and purpose.

What's Next?

- Begin talking to God daily—just as you are
- Start reading the Bible (begin with the Book of John)
- Stay connected—don't walk this journey alone
- Continue growing in peace, one day at a time



YOUR JOURNEY IS JUST BEGINNING