

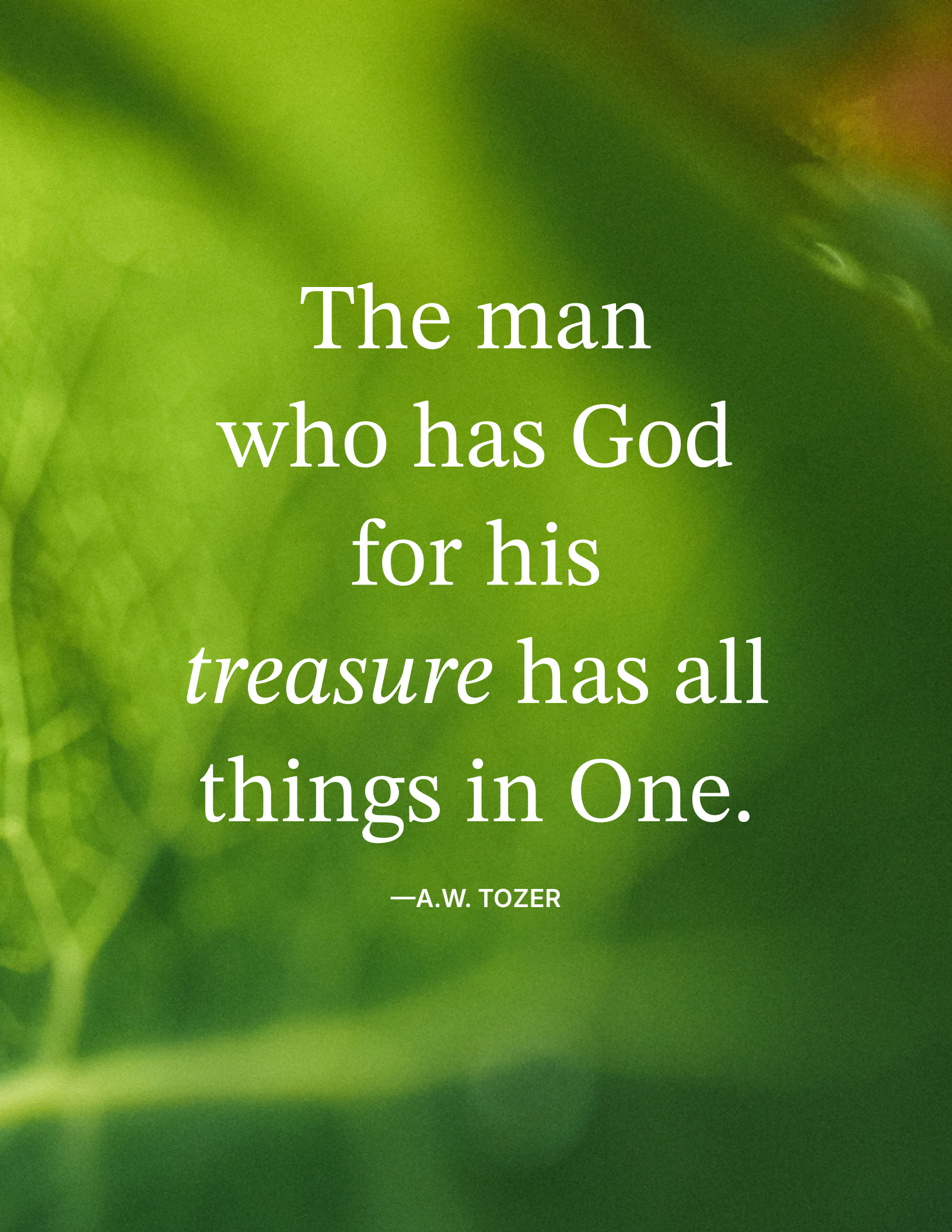
10 Ways to Invite God's Calm into Your Life



SCRIPTURE-BASED PRAYERS TO STILL
YOUR SOUL AND BLESS THE WORLD AROUND YOU

In an anxious world, the Bible offers lasting peace—not as a fleeting feeling, but as a steady, sacred presence. These 10 Scripture-based prayers invite you to reflect, rest, and reconnect with the God of peace.

Whether you're navigating a stressful season or simply longing for more calm in your daily life, these prayers can help. Use them as devotions, journal prompts, or gentle reminders of God's faithfulness.



The man
who has God
for his
treasure has all
things in One.

—A.W. TOZER

1/ Prayer for Trust and Inner Stillness

Lasting peace begins when trust in God replaces fear. Stillness isn't about escaping life—but facing it with God's steady hand.

You will keep in perfect peace those whose minds are steadfast, because they trust in You.

ISAIAH 26:3 (NIV)

Lord, teach me to trust You fully. Quiet the noise within and help me anchor my heart in Your presence.


2/ Prayer for Peaceful Sleep

Rest is more than physical—it's spiritual. God watches over every moment, even when we let go.

*In peace I will lie down and sleep,
for You alone, LORD, make me dwell in safety.*


PSALM 4:8 (NIV)

God, calm my body and mind tonight. Let me rest in the safety of Your love and rise refreshed in Your peace.



The greatest power in the
world is the *power* of prayer.
The *peace* it produces is
beyond understanding.

—DR. NORMAN VINCENT PEALE



Worship and worry cannot live in the *same* heart: they are mutually exclusive.

—RUTH BELL GRAHAM

3/ Prayer for the Peace That Passes Understanding

God's peace doesn't always change the situation—
but it changes us in the middle of it.

*And the peace of God, which transcends
all understanding, will guard your hearts and
your minds in Christ Jesus.*

PHILIPPIANS 4:7 (NIV)

Lord, even when I don't understand what's happening,
help me rest in You. Guard my heart and mind with
Your peace.

4/ Prayer to Live in Peace with Others

**Peace isn't passive—it's active.
It takes courage, patience, and divine help
to live at peace with those around us.**

***If it is possible, as far as it depends on you,
live at peace with everyone.***

ROMANS 12:18 (NIV)

God, give me grace in every relationship. Help me to be kind, forgiving, and patient—even when it's hard.

If we have no peace,
it is because we
have forgotten that we
belong to each other.

—MOTHER TERESA



5/ Prayer for Inner Peace in the Midst of Anxiety

**Anxiety may rise, but it doesn't have
to rule. God's comfort is greater than the waves
that crash within us.**

***When anxiety was great within me,
Your consolation brought me joy.***

PSALM 94:19 (NIV)

Lord, when anxious thoughts crowd my mind, remind me of Your presence. Replace fear with joy and worry with calm.

6/ Prayer for Peace During Conflict

**Not every moment will be calm,
but every moment can be surrendered.
Even in conflict, God leads with love.**

***A gentle answer turns away wrath,
but a harsh word stirs up anger.***

PROVERBS 15:1 (NIV)

God, help me to choose gentleness when tension rises.
Let peace be my posture and Your Spirit my guide.

Jesus gives peace that *never* fails,
even when everything else does.

—JONI EARECKSON TADA



7/ Prayer for Peace in Transitions

**In seasons of change, God is unchanging.
His peace can steady every uncertain step.**

The LORD Himself goes before you and will be with you.

DEUTERONOMY 31:8 (NIV)

Lord, in every transition, go ahead of me. Be my guide, my constant, and my calm when the future feels unclear.

8/ Prayer for Peace in Relationships

**God cares about our connections.
With His help, peace can grow in even the most
tender or strained relationships.**

***Be completely humble and gentle;
be patient, bearing with one another in love.***

EPHESIANS 4:2 (NIV)

Father, fill me with humility and patience. Let my words and actions be rooted in love, so that peace may grow between us.



The peace of God is not
the absence of trouble, but
the *presence* of Christ.

—ELISABETH ELLIOT

9/ Prayer for Peace in Decision-Making

Uncertainty can bring stress—but God’s wisdom brings peace. He promises to lead those who listen.

*Whether you turn to the right or to the left,
your ears will hear a voice behind you, saying,
“This is the way; walk in it.”*

ISAIAH 30:21 (NIV)

God, guide me. Help me to pause, listen, and trust the direction of Your peace as I move forward.

10/ Prayer for Peace in Suffering

Even in pain, God's peace can prevail.
He holds every tear, strengthens every soul, and
brings hope where it's needed most.

*In this world you will have trouble.
But take heart! I have overcome the world.*

JOHN 16:33 (NIV)

Jesus, be near in my suffering. Let Your peace surround me, and Your victory strengthen me.

Reflection Prompts

Where in my life do I feel least at peace?

Which prayer speaks most to my current needs?

What would it look like to live out God's peace this week?

Write your own prayer for peace.

Closing Prayer

God of peace,

Thank You for the stillness only You can give.

Let these prayers take root in my heart and help me live each day in calm trust.

Quiet the storms around me and the turmoil within.

When I face uncertainty, tension, or sorrow, let me return to You again and again.

You are my calm in every storm.

In Jesus' name, amen.

About Guideposts

Guideposts is a faith-based community of grace built to serve believers and seekers.

We provide inspirational content, products, and services so that people can grow and thrive, bringing practical hope and positivity into their daily lives.

We believe that in a world filled with hope, all things are possible.



When we are powerless to
do a thing, it is a great joy
that we can come and step
inside the *ability* of Jesus.

— CORRIE TEN BOOM