



Peace in God's Presence

30 Days of Calm for
the Weary Soul

Stuart Patterson

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Biblical Inspiration for the Weary Book 2

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Different translations are used for clarity of understanding in contemporary language.

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A Note from the Author

Why This Devotional Matters — and How to Use It

This is the second devotional in the *Biblical Inspiration for the Weary* series — written as a quiet continuation of the journey we began in Book 1: moving from exhaustion to renewal.

Now, we slow the pace even more — shifting from rest to **peace**. Because sometimes, after finding rest, we need space to be still. To remain. To settle into the deep calm that only God's presence brings.

Peace in God's Presence was born from moments where I didn't need more solutions — I just needed assurance. A verse, a whisper, a sacred pause. Not the absence of trouble, but the presence of Someone greater.

This devotional isn't about performance. It's about making space — even a few quiet minutes — for your soul to breathe. Each day includes a verse, reflection, simple step, and a short prayer. You don't need perfect words. You just need to show up.

Here's how I suggest using it:

- Take one entry per day — no rush, no guilt.
- Read the Scripture slowly. Let it speak.
- Reflect honestly. Add your own words.
- Use the space provided — even one honest sentence matters.
- Welcome God into your quiet moments. His peace will follow.

Whether you've read Book 1 or not, this devotional stands alone. But if your heart is longing for calm, may these pages draw you closer to the One who never leaves.

With grace and peace,

Stuart Patterson

Easterhouse Community Church

DEDICATION

To the restless, the burdened, and the quietly breaking
this is for you.
Thank you for staying with me on this journey toward peace.



Key Verse

A short passage from Scripture that sets the tone for the day. It anchors the devotional and connects directly with the life insight that follows.



Reflection

A personal reflection or real-life moment shared through the lens of faith. It offers a glimpse of how God brings meaning, strength, or hope in everyday struggles.



Your Turn

An opportunity to pause and consider how the verse and insight speak into your own life. Ask yourself what God might be showing you — and how you might respond.



Prayer

A short prayer to help guide your conversation with God. Space is also given for you to write your own words if you feel led.



Read More

Two additional Scripture passages that echo the day's theme. Let these verses deepen your rest in God's Word.

31 Shepherd's Rest



Psalm 23:1–2 (NKJV) – “The Lord is my shepherd; I shall not want. He makes me to lie down in green pastures; He leads me beside the still waters.”



There's a reason Psalm 23 has comforted generations. These opening lines whisper rest into our souls. Not rushed rest, not earned rest—but the kind that comes simply because the Shepherd is near.

When we're weary, we often try to fix ourselves: hustle harder, distract longer, or numb deeper. But God doesn't bark orders or wave us on. He slows us down. Leads us gently. Makes us lie down, not because He's tired of us - but because He knows we are tired.

Green pastures. Still waters. It's not a fantasy - it's a picture of what's possible when we let the Shepherd lead.



List one thing today you're chasing to “fix” your weariness. What would it look like to stop and rest instead? (write a brief reflection below)



Prayer: Lord, You are my Shepherd. I've been running hard, but You're inviting me to rest. Help me release what I can't carry. Lead me to quiet places today. Restore me in Your presence. Amen.



Ezekiel 34:14 - 15, John 10:11

32 Peaceful Sleep



Psalm 4:8 (NKJV) – “I will both lie down in peace, and sleep; For You alone, O Lord, make me dwell in safety.”



Sleep should come easy - but for many, it doesn't. Racing thoughts, fears of tomorrow, or memories from yesterday can keep us tossing in the dark. Yet David, the psalmist, speaks of a peace so deep that it anchors him even as he lies down.

This kind of sleep isn't the result of exhaustion - it's the fruit of trust. David doesn't rely on locked doors or perfect circumstances. His security rests in the Lord. *“You alone,”* he says. Not “You and my plans.” Not “You and my strength.” Just Him. God's peace can hold us when we're most vulnerable. He watches as we rest, because He never does.



Reflect on what's been stealing your rest lately. Before bed tonight, write it down - and release it to God. (write a brief reflection below)



Prayer: Lord, quiet my heart tonight. I trust You to keep me safe as I sleep. Amen.



Proverbs 3:24, Isaiah 26:3

33 Your Safe Place



Isaiah 30:15 (NKJV) – “In returning and rest you shall be saved; In quietness and confidence shall be your strength.”



Sometimes we think strength looks like pushing through, raising our voice, or having all the answers. But God paints a different picture - one of quietness, returning, and rest.

Israel had tried to outrun their problems, to find strength in their own plans. God simply called them back. *Return to Me. Rest.* That's where strength begins - not in striving, but in surrender.

Quiet confidence doesn't mean silence in weakness. It means calm rooted in trust. Real strength flows from resting in the One who holds it all together.



Where do you need strength today? Step back, breathe deep, and ask God to meet you there with quiet confidence. (write a brief reflection below)



Prayer: Lord, I've been trying to handle things on my own. Teach me to return, rest, and find strength in You. Amen.



Exodus 14:14, Psalm 46:1-3

34 Soul's Rest



Psalm 116:7 (NKJV) – “Return to your rest, O my soul, for the Lord has dealt bountifully with you.”



Sometimes, we need to talk to our own soul. The psalmist does it here - calling his soul back to rest. Why? Because even when God has been good, we can forget. We carry stress like a badge. We act like orphans when we've been adopted. But God has dealt *bountifully* with us. He's provided, protected, restored, and redeemed. Rest isn't laziness - it's trust. Soul rest says, “I remember who God is and what He's done.” Today, speak to your soul like the psalmist. Call it back to the place it belongs - at peace in the care of a generous God.



Say aloud: “Return to your rest, O my soul.” Pause and recall two ways God has been good to you lately. (write a brief reflection below)



Prayer: Father, remind me of all You've done. Help my soul return to rest in Your goodness. Amen.



Psalm 103:1 - 5, Hebrews 4:9 - 11

35 Gentle Rest



Matthew 11:29 (NKJV) – “Take My yoke upon you and learn from Me, for I am gentle and lowly in heart, and you will find rest for your souls.”



When Jesus invites us to take His yoke, it's not a call to carry more - but to carry differently. A yoke joins two together. In this case, Jesus links Himself to us, shoulder to shoulder, saying: *“Let Me help you carry that.”*

His way is gentle, not harsh. He doesn't pile on pressure. He offers partnership and peace. His rest isn't an escape from responsibility - it's a new way to walk through it.

Soul-rest comes when we learn from Him, walk at His pace, and trust His heart.



Think of one burden you're carrying. What would it mean to walk through it with Jesus, not alone?
(write a brief reflection below)



Jesus, teach me Your gentle ways. Help me walk with You, not ahead or behind. Amen.



Hebrews 12:11, Proverbs 3:11 - 1

36 Unshaken Rock



Psalm 62:5-6 (NKJV) “My soul, wait silently for God alone, for my expectation is from Him. He only is my rock and my salvation; He is my defence; I shall not be moved.”



Sometimes the noise inside us is louder than the storm outside. Fear, pressure, uncertainty - all shout for attention. But David speaks *to his soul*, calling it to be still and wait on God. Why? Because God is his rock. Not a loose stone that shifts under pressure, but a steady, unmoving fortress. When everything else feels shaky, we find calm in the character of God. Waiting on Him is not wasted time - it's where we're anchored again in truth.



Carve out a few silent moments today. In the stillness, rest your soul on the Rock. (write a brief reflection below)



Lord, You are my unshakable refuge. Still my soul. Anchor my hope in You. Amen.



Isaiah 26:4, Psalm 18:1-3

37 Refreshed Soul



Jeremiah 31:25 (NKJV) – “For I have satiated the weary soul, and I have replenished every sorrowful soul.”



Have you ever felt like you're running on empty - not just physically, but deep down in your soul? The Lord knows that kind of weariness. He speaks not of surface solutions but soul-level replenishment. When God promises to “sate” the weary soul, He’s not offering a snack - He’s offering a feast.

This verse in Jeremiah comes amid a prophetic promise of restoration. God’s people had been through exile, heartbreak, and loss - but He was calling them back to Himself with tenderness. The same God still calls today.

We’re not left to carry on with hollow hope. He restores our joy, resets our pace, and revives what feels depleted.



Pause today and reflect: where do you feel most depleted? Write it down - and ask, “Lord, where do You want to refill me?” (write a brief reflection below)



Lord, You know my dry places. I come tired, but I come. Please replenish my heart and pour out Your peace again. Amen.



Isaiah 40:29, Psalm 23:3

38 Safe Haven



Psalm 91:1-2 (NKJV) – “He who dwells in the secret place of the Most High Shall abide under the shadow of the Almighty. I will say of the Lord, ‘He is my refuge and my fortress; My God, in Him I will trust.’”



Some days, you just want to hide - to step away from the noise, pressure, and pain. Psalm 91 reminds us that we can. Not by running away, but by running *to* God.

The “secret place” is more than a poetic phrase - it’s a promise. A quiet, protected space of communion with the Almighty. In a world full of instability, God offers Himself as a fortress. Not only strong, but safe.

You don’t need to fight every battle alone. Rest doesn’t come from escape, but from trusting the One who shelters you beneath His wings.



Visualise God’s shadow covering you today. What might change if you truly believed you were safe in His presence? (write a brief reflection below)



Lord, You are my safe place. Let me rest in Your protection, trust in Your strength, and abide in Your peace. Amen.



Proverbs 18:10, Isaiah 41:10

39 Hopeful Praise



Psalm 42:11 (NKJV) – “Why are you cast down, O my soul? And why are you disquieted within me? Hope in God; For I shall yet praise Him, The help of my countenance and my God.”



It's okay to talk to your soul sometimes. David did. He didn't pretend everything was fine - he named his discouragement and then pointed himself toward hope. This verse doesn't ignore pain; it reminds us pain isn't the end. When everything feels off-centre, praise is an anchor. A declaration of trust before you see the breakthrough. You don't have to feel strong to lift your eyes. Just remind your heart: God is still worthy and hope still stands.



Choose one thing to thank God for today - before you see change. Praise shifts your perspective.
(write a brief reflection below)



God, when my soul sinks low, lift my eyes to You. Restore my hope and help me praise You in the waiting. Amen.



Romans 5:25, Habakuk 3:17 - 19

40 Steady Anchor



Hebrews 6:19 (NKJV) – “This hope we have as an anchor of the soul, both sure and steadfast, and which enters the Presence behind the veil.”



Life's storms will come - unexpected, relentless, unsettling. But hope in Christ is not wishful thinking; it's an anchor. Not dragging you down but holding you steady. This anchor doesn't latch onto shallow ground. It's secured in the very presence of God - beyond the veil, beyond your circumstances. The One who holds your future is the same One who holds your soul fast.

When waves rise and winds howl, you can trust this: hope in Jesus will not slip.



Think of one storm you're facing. Picture Jesus as your anchor, holding firm beneath the surface. (write a brief reflection below)



Lord, be my anchor when life feels unsteady. Keep me rooted in You, secure in Your presence. Amen.



Psalm 18:2, Colossians 1:23

41 Perfect Peace



Isaiah 40:31 (NKJV) – “But those who wait on the Lord Shall renew their strength; They shall mount up with wings like eagles, They shall run and not be weary, They shall walk and not faint.”



When our minds race and hearts ache, peace can feel out of reach. But God offers more than a moment of calm - He offers *perfect peace*. Not because life is perfect, but because He is.

To be “stayed” on God means fixing our thoughts on His truth, not our troubles. It means trusting His character when everything else is uncertain.

Peace comes not from solving everything, but from trusting the One who holds everything.



Pause and notice one anxious thought. Gently turn it toward God's steady truth. (write a brief reflection below)



Lord, settle my thoughts and steady my heart. Let Your peace guard me today. Amen.



Philippians 4:6 - 7, John 14:27

42 Courageous Heart



Psalm 31:24 (NKJV) – “Be of good courage, and He shall strengthen your heart, all you who hope in the Lord.”



Courage isn't the absence of fear - it's choosing to move forward while trusting God in the middle of it. David knew what it was to feel afraid, overwhelmed, and surrounded, but he also knew where to turn: hope in the Lord.

When we anchor our hope in God, He strengthens what's weary within us. A faint heart becomes a firm heart - not by our own resolve, but by God's renewing grace.

Even if your steps feel small today, let hope rise. He's strengthening your heart, moment by moment.



Write down one area where you feel weak. Ask God to give you quiet courage in that place. (write a brief reflection below)



Father, my heart feels tired some days. Breathe Your courage into me and help me stand again. Amen.



Joshua 1:9, 2 Corinthians 4:16

43 Scripture's Comfort



Romans 15:4 (NKJV) “For whatever things were written before were written for our learning, that we through the patience and comfort of the Scriptures might have hope.”



God's Word isn't just ancient text - it's living truth that still speaks. When we're weary, the Scriptures offer not only instruction, but comfort. They remind us we're not alone. Others have walked through hardship and found God faithful. When life feels unclear, God's Word steadies. When sorrow weighs heavy, it brings hope. The same God who strengthened Moses, encouraged David, and restored Peter - He meets us in the pages of Scripture. Return to the Word today. Let its comfort wrap around your soul.



Open your Bible to a favourite passage. Read it slowly and note one promise you can carry today.
(write a brief reflection below)



**Lord, thank You for the hope I find in Your Word.
Help me turn to Scripture when I feel lost or low.
Amen.**



Psalm 119:50, Hebrews 4:12

44 Watchful Care



Psalm 33:18 (NKJV) “Behold, the eye of the Lord is on those who fear Him, on those who hope in His mercy.”



When you feel unseen, unnoticed, or forgotten, remember this: God is watching—not to condemn, but to care. His gaze is not distant or indifferent. It's personal, loving, and constant.

God doesn't miss a moment of your struggle or strength. He sees your late-night tears and quiet acts of faith. His eye is on you because His heart is for you. To hope in His mercy is to rest under His watchful care.

You're not overlooked. You're under divine attention.



Write down one way you've felt unseen. Let God's Word remind you - you are seen and loved. (write a brief reflection below)



Father, thank You for watching over me with mercy. Even when I feel invisible, You are near. Help me trust in Your care. Amen.



2 Chronicles 16:9, Matthew 10:29 - 31

45 Abundant Hope



Lamentations 3:24 (NKJV) “The Lord is my portion,’ says my soul, ‘Therefore I hope in Him!’”



When everything feels empty - energy, answers, emotions - this truth still stands: The Lord is your portion. He is not just part of your life; He is enough for your life. More than a filler, He is fullness itself.

Hope rooted in circumstances will always waver. But hope grounded in God never runs dry. He supplies mercy each morning, strength each hour, and peace in the waiting.

Your soul doesn't need more stuff - it needs more of Him. And He's already yours.



List what's been draining your hope. Then write: “The Lord is my portion.” (write a brief reflection below)



Lord, You are more than enough. Teach my soul to hope in You, not in what I can see. Let Your presence be my portion today. Amen.



Romans 15:13, Psalm 73:26

46 Merciful Redemption



Psalm 130:7 (NKJV) “O Israel, hope in the Lord; for with the Lord there is mercy, and with Him is abundant redemption.”



There is no pit so deep that God's mercy can't reach it. No past so tangled that His redemption can't rewrite it. The psalmist invites a whole nation – Israel - to place their hope not in reform or reputation, but in the mercy of God.

He's not stingy with grace. His mercy overflows, and His redemption isn't just rescue - it's restoration. God doesn't just pull us out; He brings us home.

No matter what you've done or where you've been, you are not beyond the reach of His redeeming love.



Think of one regret. Now picture God covering it with mercy and rewriting it with grace. (write a brief reflection below)



God, thank You for Your mercy. Rewrite the parts of my story I thought were beyond hope. Let me walk in the freedom of Your redemption. Amen.



Ephesians 1:7 Micah 7:18 - 19

47 Dancing Joy



Psalm 30:11 (NKJV) “You have turned for me my mourning into dancing; You have put off my sackcloth and clothed me with gladness.”



Grief may visit for a season, but it's not meant to stay forever. God has the power to turn mourning into movement - into dancing, even. That doesn't mean your pain didn't matter. It means your story isn't stuck in sorrow. The same God who sits with us in sadness is the one who gently lifts us up and teaches our weary hearts how to dance again. Not with shallow cheer, but with deep, redemptive joy. Joy isn't the absence of suffering. It's the presence of God breaking through the darkness with light.



Remember a time when God lifted your spirit. Let that memory move you - if not to dance, then at least to thank Him. (write a brief reflection below)



Lord, thank You for turning sorrow into joy. Teach me how to rejoice again, even in the small things. Amen.



Isaiah 61:3, John 16:20-22

48 Constant Rejoicing



Thessalonians 5:16 - 18 (NKJV) “Rejoice always, pray without ceasing, in everything give thanks; for this is the will of God in Christ Jesus for you.”



These verses aren't a checklist - they're an invitation. An invitation to live anchored in joy, in communion with God, and in gratitude, even when life feels chaotic. Rejoicing isn't pretending things are fine. It's choosing to believe that God is still good and still near.

Prayer becomes our breath, thanksgiving becomes our posture, and joy becomes our steady companion - not because of how we feel, but because of who He is.



Choose one ordinary part of your day - washing dishes, waiting in traffic—and make it a moment of thanks. (write a brief reflection below)



Father, help me to rejoice even when it's hard. Shape my heart to notice grace in the everyday. Amen.



Philippians 4:4, Colossians 3:16 - 17

49 Vibrant Worship



Psalm 95:1 – 2 (NKJV) “Oh come, let us sing to the Lord! Let us shout joyfully to the Rock of our salvation. Let us come before His presence with thanksgiving; let us shout joyfully to Him with psalms.”



Worship doesn't wait for the perfect moment - it makes the moment holy. Whether whispered or shouted, sung or stumbled through, our worship invites God's presence and reminds us of who He is: faithful, strong, and near.

You don't need a stage or a songbook - just a heart that lifts its eyes. Your praise shifts the atmosphere, even when you feel low.



Speak or sing a phrase of praise aloud today - no matter where you are. (write a brief reflection below)



God, You are worthy of my praise. Stir joy in my heart and let worship overflow even in the ordinary. Amen.



Psalm 100:1, Hebrews 13:15

50 Glad Heart



Psalm 16:8 - 9 (NKJV) “I have set the Lord always before me; because He is at my right hand I shall not be moved. Therefore, my heart is glad, and my glory rejoices; my flesh also will rest in hope.”



When we keep our eyes on God, our hearts find a rhythm of gladness that doesn't depend on circumstance. David's confidence wasn't in himself but in the nearness of the Lord - right beside him, holding him steady.

That gladness becomes more than emotion - it becomes an anchor, a way to rest in hope even when things are uncertain.



Think of one way God has been with you recently. Let that stir thankfulness today.

(write a brief reflection below)



Lord, You are near, and that makes my heart glad. Thank You for being my constant, my hope, and my peace. Amen.



Psalm 34:5, Philippians 4:4 - 5

51 Righteous Joy



Psalm 32:11 (NKJV) “Be glad in the Lord and rejoice, you righteous; and shout for joy, all you upright in heart!”



There's a kind of joy that doesn't come from possessions or perfect days - it flows from being right with God. Forgiven, covered, made whole. David writes these words just after confessing his sins and being assured of mercy. The joy he describes is the fruit of grace. When your heart is upright - not because of your performance, but because of His pardon - rejoicing becomes a natural response. It bubbles up from deep within.



Reflect on one area where you've received God's mercy. Let joy rise from that place. (write a brief reflection below)



Father, thank You for covering my sins and restoring my heart. Help me rejoice today in the freedom You've given. Amen.



Romans 5:1 - 2, Isaiah 61:10

52 Trustful Rejoicing



Psalm 5:11 (NKJV) “But let all those rejoice who put their trust in You; let them ever shout for joy, because You defend them; let those also who love Your name be joyful in You.”



Joy and trust walk hand in hand. When you truly trust God - not just in theory but in the thick of things - there's a deeper kind of joy that rises. Not because everything is sorted, but because you know who holds you.

David invites us to rejoice, not in ourselves, but in God's defence, God's name, God's care. When we lean on Him, we are never left to carry things alone. He surrounds us with favour. He lifts our heads. Even in weary moments, joy becomes a quiet defiance: “I still trust You.”



Name one situation where you are choosing to trust God. Let joy follow trust. (write a brief reflection below)



Lord, You are my defender. Even when I'm tired or uncertain, I choose to trust You - and I rejoice in Your faithful care. Amen.



Proverbs 3:5 - 8, Nehemiah 8:10

53 Marvellous Praise



Psalm 98:1 (NKJV) “Oh, sing to the Lord a new song! For He has done marvellous things; His right hand and His holy arm have gained Him the victory.”



When God moves, it deserves more than a nod - it calls for a new song. Not just a repeat of what He's done before, but fresh praise that rises from present awe. Marvellous things are not just in the past. They're still happening - in the quiet ways He sustains you, in the strength He gives you to carry on, in the hope that refuses to die. We don't always *feel* like singing, but praise is often the seed that awakens our perspective. As we sing, we see. As we see, we remember. And as we remember, we worship.



Think of one way God has been faithful recently. Speak it aloud or write it as a new line of praise.
(write a brief reflection below)



God, You've done marvellous things - even when I've missed them. Open my eyes and stir a new song in my heart today. Amen.



Isaiah 42:10, Revelation 5:9

54 Wholehearted Gladness



Psalm 9:1 - 2 (NKJV) “I will praise You, O Lord, with my whole heart; I will tell of all Your marvellous works. I will be glad and rejoice in You; I will sing praise to Your name, O Most High.”



God isn't looking for polished praise - He delights in wholehearted praise. That means worship that isn't half-hearted, muted by worry, or distracted by what's next. It's not about volume; it's about honesty. When you praise from the heart, even when life's messy, something shifts. Gladness grows, not from everything being perfect, but from being held by a perfect God.

Wholehearted praise reminds your soul of who God is. It pulls your gaze from the struggle to the Saviour, from fear to faith, from weariness to wonder.



List three things God has done for you. Let your heart respond with gratitude. (write a brief reflection below)



Lord, I want to praise You with my whole heart. Thank You for all You've done. Help me rejoice in You, even when life feels hard. Amen.



Psalm 28:7, Psalm 103:1 - 2

55 Everlasting Arms



Deuteronomy 33:27 (NKJV) “The eternal God is your refuge, and underneath are the everlasting arms.”



No matter how far you fall, how heavy the load, or how tired your heart - God's arms are still underneath you. Not arms that let go. Not arms that grow weary. Everlasting arms. That means forever strong, forever safe.

We often try to carry things on our own, holding everything together until we crumble. But God says, “Lean here. I've got you.” His refuge isn't a quick escape - it's a permanent place. You don't have to prove your worth to stay. Just rest.



Picture yourself being held by God. What's one burden you can stop carrying alone? (write a brief reflection below)



Father, thank You for holding me in Your everlasting arms. Teach me to rest in You and let go of what's too heavy for me. Amen.



Psalm 18:1 - 2, Isaiah 40:28 - 25

56 Constant Presence



1 Psalm 139:7 - 10 (NKJV) “Where can I go from Your Spirit? Or where can I flee from Your presence? ... Even there Your hand shall lead me, and Your right hand shall hold me.”



Despair can weigh heavy, sapping your weary soul. Peter celebrates a hope that's alive through Christ's resurrection. “I've given you a fresh start!” God declares. His mercy births a hope that thrives, unshaken by trials. Picture a spring bursting forth - that's His gift. The weary often see no way forward, but Christ's victory renews your future. Today, embrace this living hope, letting it revive your tired spirit with His eternal promise.



Think of one place or situation where you've felt alone. Now remind yourself: God was there. (write a brief reflection below)

Lord, thank You that I'm never alone. Even when I feel distant, You're holding me. Help me become more aware of Your presence each day. Amen.



Joshua 1:9, Matthew 28:20

57 Abiding Love



John 15:9 (NKJV) “As the Father loved Me, I also have loved you; abide in My love.”



The love Jesus offers isn't momentary or half-hearted - it's rooted in eternity and flows from the Father's heart. His invitation is simple but profound: *stay*. Remain. Dwell. Abide.

We often drift, distracted or discouraged. But His love doesn't waver. It's not based on your mood, your performance, or your progress. It's steady, sure, and strong enough to hold you on your weakest days.

To abide in His love is to live like it's true - because it is. You are fully, deeply, eternally loved. Today, stay close to that truth.



Write down one way you can stay mindful of Jesus' love today—then do it. (write a brief reflection below)



Jesus, help me abide in Your love. When I drift, draw me back. Let Your love be the place where I live and rest. Amen.



Romans 8:38 - 39, 1 John 4:16

58 Protective Shade



Psalm 121:5 - 6 (NKJV) “The Lord is your keeper; the Lord is your shade at your right hand. The sun shall not strike you by day, nor the moon by night.”



Shade speaks of care in harsh conditions. It doesn't remove the heat, but it makes it bearable. God is that shade - ever near, always watching, always shielding.

Life can feel relentless, like walking beneath a scorching sun or through long, dark nights. But the Lord is your keeper. His presence doesn't always change the weather - but it changes how you endure it.

You don't need to strive for shelter. You're already covered. He stands close - your shade, your refuge, your Keeper.



Spend five minutes in quiet, picturing God's protective shade over your life. (write a brief reflection below)



Lord, thank You for watching over me. Be my shade when life scorches and my guard through the night. Keep me close to You. Amen.



Psalm 91:1 - 4, Isaiah 25:4

59 Through the Storm



Isaiah 43:2 (NKJV) “When you pass through the waters, I will be with you; and through the rivers, they shall not overflow you. When you walk through the fire, you shall not be burned, nor shall the flame scorch you.”



Feeling Storms come in many forms - grief, conflict, fear, change. God never pretends they won't. But He promises something better: His presence in the midst of them.

He doesn't always calm the waters right away, but He walks with you *through* them. He holds you steady when the current rages. He whispers peace when flames rise.

This verse isn't about avoiding trouble - it's about surviving it *with* Him. He is your calm *in* the chaos, your anchor in the waves.



Think of one storm you've survived. Thank God for walking through it with you. (write a brief reflection below)



Father, You never promised ease - but You promised Yourself. Thank You for staying close when life is hard. Help me trust You in the middle of every storm. Amen.



Matthew 8:23–27, Psalm 66:10 - 12

60 Stillness in God

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



Stillness isn't about silence outside - it's about peace inside. God invites you to stop striving, to stop fixing, to stop carrying what only He can hold.

In stillness, you make space for God's voice. You remember He's not just near - He's in control. When the noise of life gets loud, His whisper is enough.

This verse doesn't call for laziness or passivity, but for confident rest. God is God. And you are His.



Take two minutes in complete stillness. No phone, no task. Just breathe, and acknowledge His presence.

(write a brief reflection below)



Lord, quiet my soul. Help me pause in Your presence and know that You are enough. Amen.

Zephaniah 3:17, Exodus 14:14

*ABOUT
THE
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