

# From Chaos to Calm

**Theme:** Choosing God's Peace in a Chaotic World

**Key Scripture:** *"For God is not a God of confusion but of peace."* — 1 Corinthians 14:33

## Opening Thoughts

Chaos often creeps in quietly. It disguises itself as busyness, opportunity, responsibility, and even productivity. Before we realize it, our minds feel cluttered, our schedules feel packed, and our hearts feel restless. God never intended His children to live in constant confusion or exhaustion. His peace is not something we stumble upon accidentally. It is something we choose intentionally.

Take a deep breath. Invite the Holy Spirit into this moment. Let these pages be a pause, not another task.

## Read & Reflect

Read the following scriptures slowly. Circle or underline the phrase that stands out to you.

- *"Be still, and know that I am God."* — Psalm 46:10
- *"Come to Me, all who labor and are heavy laden, and I will give you rest."* — Matthew 11:28
- *"Peace I leave with you; My peace I give you."* — John 14:27

### Which word or phrase did your heart need most today?

---

---

---

## Heart Check

Chaos often reveals what is out of balance. Answer honestly. This is a safe space.

- Where does life currently feel the most chaotic for me?  
 My schedule  
 My home  
 My work  
 My relationships  
 My thoughts  
 Other: \_\_\_\_\_

### Describe what this chaos looks like in daily life:

---

---

---

## Identify the Source

Many forms of chaos are fueled by habits, expectations, or pressures we've slowly accepted.

### Which of these contribute most to my unrest?

- Overcommitting
- Comparison
- Constant phone use
- Fear of missing out
- Desire to do or have more
- Difficulty resting
- Lack of boundaries

### Ask God:

"Lord, what are You inviting me to release?"

---

---

---

## Replace Chaos with Truth

Write one area of chaos and then write God's truth beside it.

### Chaos I'm experiencing:

---

### God's truth about this situation:

---

*(Hint: Use scripture, prayer, or a reminder of who God says you are.)*

## Small Step Toward Peace

Peace grows through small, faithful choices.

### One practical step I can take this week to invite peace:

- Create margin in my schedule
- Declutter one small space
- Set a technology boundary
- Prioritize rest
- Simplify a commitment
- Spend intentional time with God

## **My chosen step:**

---

---

## **Prayer**

Lord, I confess that I have allowed chaos to take up more space than peace. I've rushed when You were calling me to rest, consumed when You were offering contentment, and filled my days instead of trusting You with them. Teach me to slow down. Help me recognize what does not belong in my life. I invite Your peace into my home, my schedule, my mind, and my heart. I choose alignment over overwhelm and trust over striving.

Amen.

## **Closing Scripture to Carry With You**

*"You will keep in perfect peace those whose minds are steadfast, because they trust in You."* — Isaiah 26:3

## **Quiet Moment:**

Sit in silence for one minute. Breathe deeply. Let peace settle.