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Seven Days of Peace Devotional

A free one-week journey for anxious hearts

REV'D ELTON MOORE



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Before You Begin: Your Safety Matters

This book offers spiritual support and faith-based encouragement, together with simple self-help ideas drawn from Cognitive Behavioural Therapy (CBT). It is not therapy, and it is not a replacement for medical care, professional counselling or emergency help. Please keep seeing your GP and any professionals who already support you.

The author, Rev'd Elton Moore, is a minister and spiritual counsellor. He offers spiritual support and faith-based counselling only. He is not a clinical counsellor, psychotherapist or medical professional, and nothing in this book is a medical or psychological diagnosis or treatment.

If at any point you feel you might harm yourself, or you are in danger, please reach out for help straight away. Free UK helplines, open day and night, are listed on the "Where to Find More Help" page at the back of this book.

Reaching out is not a failure of faith. Elijah sat under the juniper tree and asked to die, and God sent an angel with bread and water and told him to rest (1 Kings 19). God's care often comes to us through other people. Let it.

Welcome

Dear friend,

Thank you for letting me send you this little book. If you are reading it, I suspect your heart has been carrying more than it should. Perhaps worry has been keeping you awake. Perhaps life has simply become loud, and you are longing for a quieter place inside.

This devotional is a gentle place to begin. For seven days we will sit with one verse each day, think about what it means for us, try one small practice, and pray. Each day takes about ten minutes. You do not need to be good at praying, or strong in your faith, or calm already. You only need to come as you are.

I have walked with many people through anxious seasons, in care homes, in churches, and through long nights caring for my own mother. Again and again I have seen that the peace of Christ is not a reward for those who have stopped struggling. It is a gift He offers to those who are still in the middle of it.

So let us begin, one day at a time.

With every blessing,

Rev'd Elton Moore

How to Use This Devotional

Find a quiet ten minutes each day. Morning or evening both work well. Keep a pen nearby, as there is a little space to write.

Each day has five parts:

- The verse: read it slowly, two or three times. Let one word or phrase stand out.
- Reflect: a short thought on what the verse means for an anxious heart.
- Practise: one simple exercise to help the truth of the verse reach your thoughts, body and habits.
- Pray: a short prayer you can say as it is or in your own words.
- Small Step: one thing to carry with you into the rest of the day.

If you miss a day, simply pick up where you left off. There is no falling behind. This is an invitation, not a test.



Seven Days of Peace



DAYS 1 TO 7

DAY 1

Be Still

Be still, and know that I am God: I will be exalted among the heathen, I will be exalted in the earth.

PSALM 46:10

Reflect

Psalm 46 was written for frightening times. It speaks of the earth being removed and mountains being carried into the sea. Into all that noise, God says something surprisingly simple: be still.

Stillness here does not mean pretending everything is fine. It means stopping long enough to remember who is in charge. Anxiety tells us that everything depends on us, and that if we stop thinking about the problem for a moment, it will get worse. God gently says otherwise. You can stop. He is still God.

When the body is wound up, being still can feel almost impossible. That is why today we begin with the breath, the simplest place God has given us to slow down.

Practise: The Be Still Breath

Sit comfortably with your feet on the floor. Breathe in slowly through your nose for a count of four. Breathe out slowly through your mouth for a count of six. A longer out-breath tells your body that it is safe to settle.

As you breathe, pray the verse a few words at a time:

- Breathe in: "Be still..." Breathe out: "...and know that I am God."
- Breathe in: "Be still..." Breathe out: "...and know."

- Breathe in: "Be still..." Breathe out: "...be."

Repeat this for two or three minutes. Then notice: how does your body feel now, compared with when you began?



Pray

Lord, my mind has been running and my body has been tense. Today I stop, just for a few moments, and remember that You are God and I am not. Thank You that I do not have to hold the world together. Teach me to be still with You. Amen.

SMALL STEP

Choose one ordinary moment today, such as boiling the kettle or waiting at a red light, and use it for three slow Be Still breaths.

DAY 2

Come Unto Me

Come unto me, all ye that labour and are heavy laden, and I will give you rest. Take my yoke upon you, and learn of me; for I am meek and lowly in heart: and ye shall find rest unto your souls.

MATTHEW 11:28-29

Reflect

Jesus does not say, "Come to me once you have sorted yourself out." He says, come to me, all who are weary and carrying heavy loads. The tired, the worried and the overwhelmed are exactly the people He is calling.

Notice also how He describes Himself: meek and lowly in heart. He is not a harsh master waiting to be disappointed in you. He is gentle. A yoke was a wooden frame that let two animals share the weight of a load. Jesus is offering to carry it with you.

Often our worries feel heavier because they are all jumbled together. Today we will take them out one by one and name them, so that we can bring them to Him.

Practise: Naming the Load

Write down the things you are carrying at the moment. Big or small, they all count: a health worry, money, a relationship, a decision, a feeling you cannot quite explain.

Now look at your list. Beside each one, write a short word:

- "Mine" if there is something you can actually do about it this week.
- "His" if it is outside your control and needs to be placed in God's hands.

For the "Mine" items, choose one small, practical action. For the "His" items, you will hand them over in today's prayer.



Pray

Lord Jesus, You know how heavy my load has felt. Here are the things I am carrying. (Name them one by one.) The things I can do, help me to do them. The things I cannot change, I place into Your hands. Thank You for being gentle with me. Give rest to my soul. Amen.

SMALL STEP

Do the one small action you chose for a "Mine" item today, even if it only takes five minutes.

DAY 3

Perfect Peace

Thou wilt keep him in perfect peace, whose mind is stayed on thee: because he trusteth in thee.

ISAIAH 26:3

Reflect

Isaiah links peace with where the mind rests. The word "stayed" means leaning on, or being held up by. Our minds are always leaning on something. When they lean on worst-case thinking, we feel anxious. When they lean on God, we find steadier ground.

This is not about never having a worrying thought. Thoughts will come, and that is part of being human. The question is what we do next. We can follow the thought down a long dark road, or we can notice it and gently turn our minds back to the Lord.

Psychology has a helpful insight here: a thought is not the same as a fact. "Something terrible will happen" is a thought. It may feel true, but feeling true and being true are different things.

Practise: Catch and Turn

Today, try to catch one worrying thought when it comes. Write it down exactly as it sounds in your head.

My worrying thought:

Now ask yourself three questions:

- Is this a fact, or a fear about what might happen?
- What would I say to a friend who had this thought?
- What does God say to me about this? (A verse, a promise, or simply "I am with you.")

Write a kinder, truer thought to lean on instead:



Pray

*Father, my mind so easily leans on fear. Today I choose to lean on You.
When worrying thoughts come, help me to notice them, to test them,
and to turn my mind back to You. Keep me in Your perfect peace.
Amen.*

SMALL STEP

Write Isaiah 26:3 on a small card or in your phone. Read it whenever you catch yourself following a worrying thought.

DAY 4

Turning Worry into Prayer

Be careful for nothing; but in every thing by prayer and supplication with thanksgiving let your requests be made known unto God. And the peace of God, which passeth all understanding, shall keep your hearts and minds through Christ Jesus.

PHILIPPIANS 4:6-7

Reflect

"Be careful for nothing" means do not be anxious about anything. That can sound impossible, until we see what Paul offers in its place. He does not simply say "stop worrying". He gives us something to do with the worry: turn it into prayer.

Paul wrote these words from prison, not from a comfortable home. He knew what it was to face real uncertainty. Yet he discovered that bringing every concern to God, with thanks mixed in, opened the door to a peace that does not make sense on paper. That peace, he says, will keep, or stand guard over, our hearts and minds.

Worry goes round in circles. Prayer goes somewhere. It takes the concern out of our heads and places it before the One who can actually help.

Practise: The Worry Prayer

Choose one worry and write it in three short parts.

My worry:

What I am asking God for:

Something I can thank Him for, even now:

Now read all three lines aloud as a prayer. If the worry returns later today, you can say: "I have already given that to God," and gently turn back to what you are doing.



Pray

Lord, instead of turning this worry over and over in my mind, I bring it to You. (Read your worry prayer.) Thank You for hearing me. Let Your peace, which I cannot fully understand, stand guard over my heart and my mind today. Amen.

SMALL STEP

Each time you notice yourself worrying today, turn it into a one-sentence prayer: "Lord, I give You..."

DAY 5

Lie Down in Peace

I will both lay me down in peace, and sleep: for thou, LORD, only makest me dwell in safety.

PSALM 4:8

Reflect

Night can be the hardest time for an anxious heart. The house goes quiet, the distractions stop, and suddenly every worry seems louder and larger. Many people find that problems which felt manageable at four in the afternoon feel overwhelming at three in the morning.

David wrote this psalm while under pressure, with people speaking against him. Yet he ends with a quiet decision: I will lie down in peace, and sleep. His safety did not depend on having every problem solved. It depended on the Lord.

Sleep is an act of trust. Each night we let go of control and rest in God's care. Today's practice is a gentle evening routine to help your mind and body let go.

Practise: An Evening Letting Go

About an hour before bed, try these four steps:

- **Unload:** write down anything still on your mind, so your mind does not have to hold it overnight.
- **Close the day:** name one thing that went well today, however small.
- **Slow the body:** dim the lights, put screens away, and do five Be Still breaths from Day 1.

- Rest in God: as you lie down, say Psalm 4:8 slowly to yourself.

If you wake in the night with worries, remind yourself: "It is written down. I can look at it in the morning. Tonight I rest in God's care."

What I am letting go of tonight:



Pray

*Lord, as this day ends, I hand back to You everything I have carried.
The things I finished and the things I did not, I leave with You. You
alone keep me safe. Let me lie down in peace and sleep. Amen.*

SMALL STEP

Try the Evening Letting Go tonight, and notice in the morning whether your sleep felt any different.

DAY 6

The Lord Is My Shepherd

The LORD is my shepherd; I shall not want. He maketh me to lie down in green pastures: he leadeth me beside the still waters. He restoreth my soul: he leadeth me in the paths of righteousness for his name's sake.

PSALM 23:1-3

Reflect

A shepherd goes ahead of the sheep, finds them food and water, and keeps watch for danger. Sheep do not need to plan the route. They need only to stay close to the shepherd.

Anxiety pulls us forward into the future, into all the "what ifs" that have not happened. The shepherd psalm brings us back to the present: green pastures, still waters, this moment, here. God restores our souls not in some imagined tomorrow, but today, in the place where we actually are.

Today's practice is a simple way to come back to the present when worry pulls you away. It uses the senses God has given you to notice His world around you.

Practise: Here with the Shepherd

When you feel anxious, pause and gently notice:

- 5 things you can see
- 4 things you can feel, such as your feet on the floor or the chair beneath you
- 3 things you can hear

- 2 things you can smell
- 1 thing you can taste

Then say quietly: "The Lord is my shepherd. He is with me here."

Afterwards, write down one "green pasture" from today, a moment of goodness or calm you might easily have missed:



Pray

Good Shepherd, my mind keeps running ahead into tomorrow. Bring me back to today, where You are. Lead me beside still waters. Restore my soul. Help me to stay close to You, one step at a time. Amen.

SMALL STEP

Take a short, slow walk today, even around your home or garden. Notice five good things God has placed along the way.

DAY 7

My Peace I Give

Peace I leave with you, my peace I give unto you: not as the world giveth, give I unto you. Let not your heart be troubled, neither let it be afraid.

JOHN 14:27

Reflect

Jesus spoke these words on the night before He died. He knew His friends were about to face the darkest days of their lives. He did not promise that nothing hard would happen. Instead, He gave them something to carry through it: His own peace.

The world gives peace when everything goes right. Christ gives peace even when things do not. It is not a feeling we must work up, but a gift we receive, again and again, every day.

You have spent seven days learning to be still, to bring your load to Jesus, to turn your mind back to Him, to pray instead of worry, to rest at night, and to stay present with the Shepherd. These are not one-week practices. They are a way of walking with Christ that you can return to whenever you need.

Practise: Looking Back

Take a few minutes to look back over the week.

Which day or practice helped me most?

What has changed, even a little, since Day 1?

Which one practice will I keep doing next week?



Pray

*Lord Jesus, thank You for walking with me through these seven days.
Thank You that Your peace is a gift, not a reward. When my heart is
troubled, remind me of what I have learned. When I am afraid, remind
me that You are near. I receive Your peace today. Amen.*

SMALL STEP

Tell one person, or simply tell God, one thing you are grateful for from this week.

After the Seven Days

Well done for reaching the end of this week. Whether you completed every day or only a few, you have taken real steps towards peace, and that matters.

If you would like to keep going, there are two gentle next steps.

Continue the Journey

"Peace I Leave With You" is a full 21-day companion for anxiety and worry. It builds on everything in this devotional, with a verse, reflection, practice and prayer for each day, plus space to write. You can find it at ccc-library.pplx.app.

Talk with Rev'd Elton

If you would like to talk things through, you are welcome to book a free 20-minute call with me for spiritual support and faith-based counselling. You can choose a day and time that suits you at ccc-library.pplx.app/book.html.

May the Lord bless you and keep you, and give you His peace.

Where to Find More Help

You do not have to carry this alone. These free UK services are there for you:

- Samaritans: 116 123, free, 24 hours a day, every day
- Shout: text SHOUT to 85258, free, 24 hours a day
- NHS 111: call 111 for urgent mental health help, or see your GP
- Emergency: 999
- Mind Support Line: 0300 102 1234, Monday to Friday, 9am to 6pm
- The Silver Line (Age UK), for anyone over 55 who feels lonely: 0800 4 70 80 90, 24 hours a day
- Age UK Advice Line: 0800 678 1602, 8am to 7pm, every day
- Cruse Bereavement Support: 0808 808 1677
- Carers UK Helpline: 0808 808 7777, Monday to Friday, 9am to 6pm
- Dementia UK Admiral Nurse Helpline: 0800 888 6678

Opening hours can change, so please check the charity's website if a line does not answer.

About the Author

Rev'd Elton Moore was ordained through Calvary Christian Church in 2008. He served for ten years in full-time ministry in the Holy Land and for over five years in Gibraltar, before returning home to Lincolnshire in 2021 to care for his mother, who lives with vascular dementia and bipolar disorder.

Those years of night care taught him a great deal about mental health, exhaustion and the quiet faithfulness of carers. In January 2026 he completed an Advanced CBT Diploma, so he could better understand the thinking patterns behind the struggles he was seeing, and bring that understanding into his spiritual care.

Today Rev'd Elton runs Christ Counselling Centre (CCC+), offering spiritual support, faith-based counselling and pastoral care to individuals, families, churches, hospitals and care homes. He is a spiritual counsellor, not a clinical counsellor or therapist, and he will always encourage people to seek medical or professional help where it is needed.

Get in Touch

If this book has helped you, or if you would like to talk to someone, Rev'd Elton would be glad to hear from you.

- Phone: 07501621463
- Email: info@christcounsellingcentre.com
- Website: www.christcounsellingcentre.com

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