

7 Days to Calm

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A Guided Journey to Peace from Within

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Preface

“In repentance and rest is your salvation,
In quietness and trust is your strength...” *Isaiah 30:15*

This book is a soft place to land. A holy invitation to pause.
Not to fix everything, but to come closer to the God who holds everything.
Let this be your beginning, again.

Introduction

An Invitation to Breathe Again

A few years ago, I found myself sitting in my car outside my own home, unable to go inside. My heart was racing, my chest was tight, my thoughts spinning. There was no crisis, just life. Life had become overwhelming. I had responsibilities I couldn't escape, people who needed me, and a soul that was quietly burning out. I was exhausted but didn't know how to rest. I was present, but not fully alive.

That evening, I whispered a desperate prayer: *"God, I need Your peace, or I won't make it."*

That was the beginning of this journey, a slow, sometimes messy path back to stillness. Not the kind of stillness that means doing nothing, but a holy calm that helps you live with strength, focus, and grace even when life is loud.

Jesus said, *"Come to me, all who are weary and burdened, and I will give you rest"* (Matthew 11:28). That promise is not just poetic. It's a real, tangible invitation. And this book is a simple, sacred tool to help you accept it.

Why This Book?

7 Days to Calm was written for the anxious heart, the overextended soul, and the person who quietly wonders, “Is it possible to feel peace again?” Whether you're navigating burnout, grief, change, or simply living in a world that never stops buzzing, this book is for you.

Each day is designed as a **guided experience**, helping you intentionally slow down, reconnect with God, and breathe. It isn't about quick fixes. It's about creating a holy space in your day for calm to grow.

What to Expect:

This devotional includes 7 core days of reflection and grounding, followed by a closing renewal reflection and a bonus integration chapter to help you carry calm into everyday life. Each day of the journey follows a rhythm:

1. **Daily Reflection** - A short, soul-centered thought to ground you.
2. **Scripture for Stillness** - A selected Bible verse to anchor your heart.
3. **Grounding Practice** - A simple, calming action to help you reset physically and emotionally.
4. **Journaling Prompt** - A space to reflect and release.
5. **Prayer for Peace** - A short prayer to center your heart in God's presence.

You'll need just **15 to 20 minutes a day**, a sacred pause in your rhythm. You can use this in the morning, at midday, or as an evening wind-down. There's no wrong way to come to calm.

You're Not Alone:

Throughout Scripture, we see people like Elijah who felt crushed under pressure (1 Kings 19), David who cried out from the caves of anxiety (Psalm 142), and Jesus Himself retreating to quiet places to pray (Mark 1:35). You are not weak for needing rest. You are not faithless for feeling anxious. You're human. And God meets humans where they are.

A Gentle Warning and a Kind Invitation:

You may find resistance during this process. Your mind may wander. Your to-do list may scream louder than your need for stillness. Don't let that discourage you. This book is not about perfection; it's about presence.

This is your invitation to breathe again.

To find your still waters (Psalm 23:2).

To live from a place of peace, not pressure.

To walk with Jesus, the Prince of Peace (Isaiah 9:6), into deeper calm.

So, pause now. Take one deep breath.

Let your soul settle.

And let's begin the journey together.

Emotional Safety Note

A Gentle Word Before You Begin

This book may stir emotions, memories, or areas of your life that have been long buried or tightly held. You may experience moments of discomfort as you begin to slow down and pay attention to what's happening inside your soul.

That's okay.

Emotional healing and calm are not linear. They are layered, sometimes slow, often sacred. If you're walking through trauma, grief, or deep anxiety, I encourage you to pair this journey with support from a counselor, a pastor, or a trusted friend. You don't have to do this alone.

If at any point the practice here feels overwhelming, return to your breath. Come back to your center. Skip a section if needed. God is not rushing you. He is with you, moment by moment (Psalm 34:18).

You are not broken. You are beloved.

You are not behind. You are being gently led (Isaiah 40:11).

Why I Wrote This

Author's Note

I didn't write *7 Days to Calm* because I always feel calm.

I wrote it because I *desperately needed* it myself.

As a man balancing ministry, family, work, and healing, I often found myself exhausted, not just physically, but spiritually. I had peace *with* God, but not always peace *in* God. I knew the right Scriptures, but I didn't always know how to slow down and *experience* them.

So, I began writing short reflections and grounding practices to help me return to calm, one day at a time. That collection of small steps became this book.

It's not a cure. It's not a checklist. It's a rhythm of grace.

I pray that as you turn these pages, the noise quiets, and you begin to hear the still, small voice that's been waiting for you all along (1 Kings 19:12).

With you on the journey,

Day 1

Breathe

Theme: The Power of the Present Moment:

Grounding Practice: Box Breathing

Take a comfortable seat. Close your eyes if you feel safe doing so. Begin this simple breathwork technique known as *box breathing*:

- Inhale deeply through your nose for 4 seconds
- Hold the breath gently for 4 seconds
- Exhale slowly through your mouth for 4 seconds
- Hold again for 4 seconds

Repeat this cycle for **3 to 5 minutes**. Let each inhale bring clarity. Let each exhale release what you're holding. If your mind wanders, that's okay; gently return your focus to your breath. Let this be a space of grace.

The Gift of Breath:

Breath is life. It is the first gift we receive at birth, and the final one we release when we leave this world. Yet in between, we often forget to cherish it.

When stress floods our bodies, our breath shortens. Anxiety causes us to breathe shallowly from the chest, triggering our body's fight-or-flight response (Jerath et al., 2006). But when we intentionally slow and deepen our breath, we activate the parasympathetic nervous system, the body's "rest and restore" mode. Just a few mindful breaths can shift our physiology from panic to peace.

But the significance of breath is more than physical. It's spiritual. In Hebrew, the word for breath, ***ruach***, also means **spirit** or **wind** (Genesis 2:7). This connection reminds us that every breath is sacred. As the Scripture says:

"Then the Lord God formed a man from the dust of the ground and breathed into his nostrils the breath of life, and the man became a living being." Genesis 2:7, NIV

This moment in the Garden wasn't just about biology; it was about intimacy. The breath of God brought life. And it still does.

Every breath you take today is not just air. It's evidence that you are here, that you are alive, and that God is near. When we return to our breath, we return to *Presence*, to God, who holds all things together (Colossians 1:17).

Mini Reflection: Returning to Presence:

Calm begins not with control but with awareness. Many of us live disconnected from the present moment, consumed by what's next or weighed down by what's past. But the breath brings us *back*. Inhale, and you're here again. Exhale, and you make space for grace.

Use this breath-based rhythm throughout your day:

- **Inhale peace. Exhale pressure.**
- **Inhale truth. Exhale tension.**
- **Inhale presence. Exhale panic.**

Let each breath become a prayer.

Jesus offers this sacred invitation:

“Come to me, all you who are weary and burdened, and I will give you rest.” Matthew 11:28,
NIV

This isn’t just a spiritual nicety; it’s a **promise**. You don’t have to rush to fix everything. You don’t even need to fully understand your emotions today. You only need to breathe and *be*. Rest is a form of resistance in a world that runs on burnout.

Journaling Prompts:

Take a few moments in stillness and reflect:

1. **What is one burden I can release with each exhale today?**
2. **How does my body feel after three minutes of intentional breathing?**
3. **What might God be whispering to me in the stillness?**

Real-Life Story: Jasmine’s Reset:

Jasmine, a mother of two and full-time nurse, shared how she used to wake up each day already feeling behind. “I thought I needed more coffee. More energy. More hours in the day,” she said. “But what I really needed was *stillness*.”

She began with just **3 minutes of deep breathing** before anyone else in the house woke up. At first, it felt like nothing. But within a week, her mornings felt different. “The world didn’t slow down, but *I* did,” Jasmine explained. “And that helped me show up calmer, more grounded, and more grateful.”

Breath didn't fix her life, but it **centered her within it**.

Closing Prayer:

“God, thank You for the breath in my lungs. Thank You for this moment. Help me to slow down, to be present, and to rest in You today. When anxiety rises, let Your peace guard my heart. Let every breath remind me that I am held, safe, and loved. In Jesus’ name, amen.”

Optional Scripture for Deeper Meditation:

- Psalm 46:10 - *“Be still and know that I am God.”*
- Job 33:4 - *“The Spirit of God has made me; the breath of the Almighty gives me life.”*
- Acts 17:28 - *“For in Him we live and move and have our being.”*

Tip: Save a Breathing Reminder:

Set a reminder on your phone 2-3 times a day with this message:

"Breathe. You are not alone. God is here."

Day 2

Release

Theme: Letting Go of Mental Clutter:

Grounding Practice: The Release Ritual:

Find a quiet place and take a sheet of paper. Begin writing freely, every worry, to-do, regret, fear, or pressure weighing on your heart. Don't censor or edit. Let it flow.

When you're finished, read the list prayerfully. Then, as a symbolic act, **safely tear or burn the paper** while offering this simple prayer:

"God, I give this to You. I release what I cannot carry."

This is not just symbolic, it's spiritual. You're making space for divine exchange: your heaviness for His peace (Matthew 11:28-30).

The Weight We Carry:

Many of us go through life carrying invisible loads. You may not see them in someone's hands, but they show up in their posture, their sighs, and their anxiety. These are the burdens of **overthinking, unforgiveness, performance pressure, and past pain**, what

psychologists call *cognitive load* (Sweller, 1988). Left unchecked, this kind of mental clutter reduces our ability to stay present, solve problems creatively, or connect meaningfully.

Scripture doesn't deny these burdens; it invites us to release them:

"Cast all your anxiety on Him because He cares for you." 1 Peter 5:7, NIV

This isn't a command to pretend. It's an invitation to **entrust**. To cast something means throwing **it off intentionally**. It's not passive; it's a choice. A bold one.

Imagine walking a long journey with **two heavy suitcases** chained to your hands. Technically, you can keep going. But you move more slowly. You get tired quicker. Life becomes survival instead of joy.

Letting go isn't a weakness. It's wisdom.

A Biblical Picture of Release:

When God commanded the Israelites to observe the **Sabbath**, He wasn't just giving them a day off; He was offering a rhythm of release (Exodus 20:8-11). One day a week, they were to **stop working**, stop producing, and stop worrying about provision. Why? So, they could trust the One who *never slumbers nor sleeps* (Psalm 121:4).

Even more radical was the **Year of Jubilee** (Leviticus 25), where debts were forgiven, and captives set free. God's design is liberation, not just spiritually, but mentally and emotionally too. He invites us to **lay it all down**.

Mini Reflection: What Are You Holding?

Letting go is difficult because **control makes us feel safe**. But much of what we cling to, guilt, shame, old expectations, is actually what's keeping us stuck.

"Do not call to mind the former things or ponder things of the past. Behold, I will do something new..." Isaiah 43:18-19, NASB

God is doing something new, but to receive it, we must unclench our fists. Ask yourself: **What peace, clarity, or joy could God give me today... if my hands were empty to receive it?**

Journaling Prompts:

1. **What am I holding onto that is no longer serving my growth or peace?**
2. **Why might I be afraid to release this? What does that fear tell me?**
3. **How would my life look or feel if I surrendered this burden to God today?**

Real-Life Story: Carlos' Freedom:

Carlos had carried resentment for years toward a close friend who betrayed him and a father who abandoned him emotionally. "I told myself I'd forgiven them," he said, "but I was still angry. I was still *tight* inside."

During a church retreat, he was invited to write down the names and wounds he carried, then burn the list. "I thought it was silly," he laughed. "But when I saw the paper curl and turn to ash, I started crying. I didn't even know I was still holding all that."

He realized that **forgiveness isn't forgetting**, it's **releasing**. And sometimes, you must release *again and again* before your heart begins to heal.

Closing Prayer:

"Lord, I release what I cannot control. I surrender my burdens, both spoken and unspoken, into Your capable hands. Free my heart from fear, bitterness, and striving. Make space in me for peace, renewal, and joy. I trust You to carry what I no longer can. In Jesus' name, amen."

Scriptures for Deeper Meditation:

- Psalm 55:22 - *"Cast your burden on the Lord, and He will sustain you."*
- Philippians 4:6-7 - *"Do not be anxious about anything... present your requests to God."*
- Matthew 6:34 - *"Do not worry about tomorrow..."*

Tip: Try a Weekly Release Practice:

Every Sunday evening (or any day that works), sit for 10 minutes and write a list of what you're carrying emotionally or mentally. Pray over the list, then destroy it. Let this rhythm become your **spiritual decluttering**.

Day 3

Ground

Theme: Returning to Your Body and the Present Moment

Grounding Practice: Mindful Walking or Body Scan:

Choose either:

- **Mindful Walking:** Walk slowly indoors or outside. Notice each step, how your feet connect to the ground, and how the air feels. Be fully present in every movement for 5 minutes.
- **Body Scan:** Sit or lie down. Starting at the top of your head, gently scan down to your toes. Notice where tension lives: shoulders, jaw, belly. Breathe into those areas and invite release.

Both practices invite your body back into your presence, because peace isn't only found in the mind but through the body.

Rooted in the Present:

We often live in our heads, replaying the past, anticipating the future, or spinning with anxiety. When that happens, our bodies feel disconnected, our hearts feel distant, and our souls feel unmoored.

Grounding is the practice of **returning to the present via the body**.

“Be still and know that I am God.” Psalm 46:10, NIV

Stillness isn't passive. It's an **active choice** to pause and *be fully where you are*. It's embodied trust. Hosted in the breath, the feet, and the senses.

Jesus himself modeled embodied presence. Throughout the Gospels, He walked dusty roads, touched lepers, and withdrew to quiet places to pray (Luke 5:16). He shows us that grounding isn't spiritual fluff; it's integral to our wholeness.

The Psychology of Grounding:

Grounding techniques help calm the **amygdala**, the brain's alarm system, by bringing awareness back to the body. Research shows that practices like mindful walking or body scans activate the parasympathetic system, lowering stress hormones and increasing present-moment awareness (Kabat-Zinn, 1994).

When you feel panic, overwhelm, or dissociation, grounding is your lifeline back to your body and back to God.

Mini Reflection:

Imagine your life as a tree planted by still waters (Psalm 1:3); you need roots to stand strong. When you feel scattered, anxious, or disconnected, use your body to *return* to stability.

Your body is a **temple** (1 Corinthians 6:19-20), not a problem to escape. Sitting with your feet on the ground, breathing deeply, caring for your body, it all honors God's design.

Journaling Prompts:

1. Which parts of my body hold tension or pain today?
2. How often do I live "in my head" rather than "in my body"?
3. What Scripture am I invited to bring into my physical experience today?

Real-Life Story: Taylor's Reconnection:

Taylor, a university student, felt disconnected from her life. Anxiety overwhelmed her, making her feel like she was watching everything, instead of *living* it.

Her counselor introduced a barefoot walk-through grass. At first, she felt silly. But she observed how each blade of grass brushed her toes and how the breeze tickled her skin. "It felt like I was waking up in my own body," she shared. Slowly, the dizziness of anxiety began to fade, replaced with grounded presence.

Closing Prayer:

"God, thank You for this body and this moment. Help me to slow down and feel deeply through breath, sense, and presence. Let Your Spirit ground me in my skin and in Your love. May I be a tree planted by Your streams, rooted and nourished. In Jesus' name, amen."

Scriptures for Further Meditation:

- Psalm 1:3 - *"They shall be like a tree planted by streams of water..."*

- Psalm 62:5 - *"Rest in God alone, my soul, for my hope comes from Him."*
- Luke 10:38-42 - Mary chose the "one thing" while Martha was distracted.

Try This: Ground Anywhere, Anytime:

Set a timer for 2 minutes. Sit or stand, feet flat on the ground. Close your eyes and name five sensations: feel your feet, notice your breath, sense your shoulders, hear the sounds around you, feel air on your skin. This mini practice helps you find calm in the middle of any moment.

Day 4

Nourish

Theme: Feeding Your Soul and Body with What Truly Sustains

Grounding Practice: Slow Eating or Soulful Scripture

Choose one:

- **Slow Eating:** Eat one meal today without screens or rushing. Chew slowly. Notice the texture, flavor, and smell. Give thanks between bites.
- **Soulful Scripture:** Read a short passage like Psalm 23 or John 6:35 slowly, aloud. Read it three times. Let a word or phrase stand out. Sit with it. Let it nourish your spirit.

What Are You Feeding On?

We're always feeding ourselves food, thoughts, media, and habits. The question isn't whether we're being nourished, but **by what**.

Jesus said,

"I am the bread of life. Whoever comes to me will never go hungry." John 6:35 (NIV)

He knew our hunger wasn't just physical; it was emotional, spiritual, and relational. Too often, we try to satisfy soul-deep hunger with surface-level fillers: social scrolling, caffeine, affirmation, and control.

True nourishment, however, slows us down and roots us in what matters: God's Word, good rest, honest connection, whole food, and meaningful stillness.

The Psychology of Nourishment:

When we're depleted, our **self-regulation plummets**. Skipping meals, lacking sleep, or feeding our minds toxic content leaves us reactive, anxious, and burned out (Brown, 2010). Nourishment isn't indulgence, it's *maintenance for your capacity to love and live well*.

You don't run a car on fumes. Your soul, body, and mind need fuel. And Jesus modeled this perfectly:

He took time to eat with friends (Luke 5:29), withdrew to rest (Mark 6:31), and rooted His decisions in quiet time with the Father (Luke 6:12).

Mini Reflection:

Ask yourself today: What am I hungry for? Not just physically, but spiritually, emotionally, and relationally?

And: What am I actually feeding myself?

“Man shall not live on bread alone, but on every word that comes from the mouth of God.” -
Matthew 4:4, NIV

Journaling Prompts:

1. What areas of my life feel undernourished right now (body, spirit, relationships, emotions)?
2. What am I turning to when I feel empty, and is it truly filling me?
3. What small act of nourishment can I offer myself today in partnership with God?

Real-Life Example: Marcus's Shift:

Marcus, a busy startup founder, used to skip meals and survive on coffee and adrenaline. “I was crashing emotionally every afternoon and snapping at my team,” he admitted. After reading Psalm 23, he felt convicted:

“He makes me lie down in green pastures. He restores my soul.”

“I wasn’t letting God restore me,” Marcus said.

Now, he carves out 20 minutes for a real lunch, prays before he eats, and limits afternoon emails. “It’s not just food,” he says. “It’s peace.”

Closing Prayer:

“Lord, You are the Bread of Life. You know my real hunger. Teach me to pause and be filled, not by the world’s distractions, but by Your truth, presence, and love. Restore my soul where it’s been running on empty. Help me nourish myself the way You nourish me, with care, truth, and gentleness. Amen.”

Scriptures for Further Meditation:

- John 6:35 – *Jesus, the Bread of Life*
- Psalm 23 – *“He restores my soul...”*
- Proverbs 4:23 – *“Above all else, guard your heart...”*

Try This: Nourishment Inventory:

Draw a circle and divide it into 4 parts labeled: Body, Mind, Spirit, and Relationships. In each section, write one thing that currently **nourishes** and one that **depletes**. Pray over it and ask God to help you let go of what drains and embrace what restores.

Day 5

Calm the Storm

Theme: Finding Peace Amid Life's Turmoil:

Grounding Practice: Anchor Breathing

When you feel overwhelmed, try this: Sit comfortably and imagine your breath as an anchor holding you steady. Inhale deeply for 5 seconds, feeling the breath anchor you firmly. Exhale slowly for 7 seconds, releasing tension into the waves around you. Repeat this cycle 4-6 times, visualizing the storm settling with each breath.

The Storms We Face:

Life's storms come in many forms: anxiety, grief, conflict, uncertainty. Jesus' disciples faced a literal storm (Mark 4:35-41). Despite the chaos, Jesus slept peacefully on the boat. When they woke Him, terrified, He simply said, "Peace! Be still!" The storm obeyed, and calm returned. This story reminds us that **calm isn't about the absence of storms; it's about the presence of peace amid them.**

Modern research shows that practicing calmness during stress reduces the body's fight-or-flight response, lowering cortisol and promoting resilience (Sapolsky, 1998).

Mini Reflection:

Storms test us, but peace anchors us. Today, consider:

- What storms am I facing now?
- How can I invite God's peace into the chaos?

Calm doesn't mean ignoring the storm but trusting God's presence through it. Remember Psalm 107:29:

"He stilled the storm to a whisper; the waves of the sea were hushed." (NIV)

Journaling Prompts:

1. What feelings or situations feel like a storm in my life?
2. How do I usually respond to these storms?
3. How might inviting God's peace change my reaction or experience?

Real-Life Example: Mark's Storm:

Mark, a small business owner, faced a sudden financial crisis during the pandemic. "I felt like my world was crashing," he said. After a friend shared the story of Jesus calming the storm, Mark began practicing anchor breathing and prayer each morning. "I'm not saying the problems disappeared," he shared, "but my fear did. I felt calmer and more able to make decisions. It was like God was literally calming my storm."

Closing Prayer:

“Jesus, You calm the storms in my life. When anxiety rages and fear threatens, remind me that Your peace is greater. Help me to anchor my soul in You and trust Your steady hand. Calm my heart and quiet my mind. In Your name, amen.”

Scriptures for Further Meditation:

- Mark 4:35-41 – *Jesus calms the storm*
- Psalm 107:29 – *He stilled the storm*
- John 14:27 – *Peace I leave with you*

Day 6

Rooted

Theme: Finding Stability in God:

Grounding Practice: Deep Root Visualization:

Sit comfortably with your feet flat on the floor. Close your eyes and imagine roots growing from your feet deep into the earth, anchoring you firmly. With each inhale, feel strength flowing up from the soil into your body. With each exhale, release any shakiness or doubt down into the ground. Repeat for 3-5 minutes, feeling grounded and steady.

The Power of Being Rooted:

Just as a tree needs deep roots to withstand storms and grow tall, our souls need to be firmly rooted in God to find true stability (Jeremiah 17:7-8). When life tosses us with uncertainty or pain, those roots keep us nourished and unshaken.

Paul writes in Colossians 2:6-7 (NIV):

“So then, just as you received Christ Jesus as Lord, continue to live your lives in him, rooted and built up in him, strengthened in the faith as you were taught, and overflowing with thankfulness.”

Being rooted is more than standing still; it’s growing, thriving, and overflowing despite the seasons of life. Psychological studies echo this; people with a strong sense of spiritual grounding report higher resilience and lower anxiety (Pargament, 1997).

Mini Reflection:

Reflect on where your roots currently lie.

- Are you rooted in God’s promises or the shifting sands of circumstance?
- What daily practices nourish your roots?
- How can you cultivate deeper connection and trust?

Rootedness calls us to daily commitment, prayer, and presence. Just like plants need sunlight and water, our spirits need God’s Word and fellowship.

Journaling Prompts:

1. Where do I feel most rooted and secure in my life right now?
2. What areas feel shaky or unstable?
3. What steps can I take to deepen my roots in God this week?

Real-Life Example: Sarah’s Roots:

Sarah, a teacher, experienced burnout after a year of pandemic teaching challenges. She felt uprooted and overwhelmed. A mentor encouraged her to spend daily time in Scripture and prayer, visualizing herself as a tree growing roots. Over time, Sarah noticed she could face

challenges with more calm and clarity. “Even when the classroom chaos was real,” she said, “I felt anchored in something deeper than my circumstances.”

Closing Prayer:

“Lord, help me to be deeply rooted in Your love and truth. Strengthen my faith and nourish my soul so I may stand firm through every season. Teach me to trust Your promises and grow in Your grace. In Jesus’ name, amen.”

Scriptures for Further Meditation:

- Jeremiah 17:7-8 - *Blessed is the one who trusts in the Lord*
- Colossians 2:6-7 - *Rooted and built up in Christ*
- Ephesians 3:17 - *That Christ may dwell in your hearts through faith*

Day 7

Reconnect

Theme: Restoring Your Relationship with God and Others

Grounding Practice: Heart-Centered Prayer

Find a quiet space and sit comfortably. Place your hand over your heart. Close your eyes and take three slow breaths. With each inhale, imagine drawing in God's love. With each exhale, release any barriers or distractions. Spend 3-5 minutes inviting God's presence into your heart, opening yourself to reconnect.

The Call to Reconnect:

In the rush of life, it's easy to feel disconnected from God, from others, and even from ourselves. But restoration begins with intentional reconnection. Jesus invites us to "abide in me" (John 15:4), highlighting the importance of staying connected to Him to bear lasting fruit.

Reconnection is not just spiritual but relational. Ephesians 4:32 (NIV) urges us:

“Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.”

Healing broken relationships and reconnecting with others brings peace to our hearts and reflects God’s grace. Psychologists emphasize the power of healthy connections for emotional well-being (Johnson, 2008).

Mini Reflection:

Where do you feel disconnected in your life?

- From God?
- From family or friends?
- From your own heart?

How might you take a step toward reconnecting today? Even a small act call, a prayer, a moment of silence, can rebuild the bridges that restore peace.

Journaling Prompts:

1. In what ways do I feel distant from God or others?
2. What fears or wounds keep me from reconnecting?
3. What is one small step I can take to restore connection this week?

Real-Life Example: Michael’s Journey:

Michael struggled with bitterness after a painful fallout with his brother. He felt isolated and distant from God as well. After joining a men’s Bible study focused on forgiveness, Michael slowly began praying for healing and reaching out. “It wasn’t easy,” he said, “but each conversation and prayer brought me closer to God, to my brother, and to peace.”

Closing Prayer:

“Lord, help me to reconnect with You and those I love. Heal the places of brokenness and fill me with Your grace. Teach me to forgive, to listen, and to love as You do. In Jesus’ name, amen.”

Scriptures for Further Meditation:

- John 15:4 – *Abide in me*
- Ephesians 4:32 – *Be kind and forgiving*
- Psalm 34:18 – *The Lord is close to the brokenhearted*

Day 8

Renew

Closing Reflection: Embracing New Life and Fresh Hope

Theme: Embracing New Life and Fresh Hope

Grounding Practice: Visualization of Renewal:

Find a quiet spot and close your eyes. Take three deep breaths, inhaling calm and exhaling tension. Visualize a sunrise, the darkness fading, light spilling across the landscape. Picture yourself stepping into that new light, refreshed, restored, and ready to move forward. Spend 3-5 minutes in this meditation, welcoming renewal into your mind, body, and spirit.

The Promise of Renewal:

Renewal is a divine invitation to let go of what has been and embrace what can be. Isaiah 40:31 (NIV) encourages us:

“But those who hope in the Lord will renew their strength. They will soar on wings like eagles; they will run and not grow weary; they will walk and not be faint.”

This verse reminds us that true renewal is not self-generated but a gift from God when we place our hope in Him. Psychologists studying resilience highlight that renewal often follows periods of struggle; the “dark night of the soul” can birth profound growth and transformation (Tedeschi & Calhoun, 2004).

Renewal happens in many forms: a healed relationship, a new perspective, a restored sense of purpose, or a deepened faith. It requires surrendering old wounds and stepping into God’s promise of restoration.

Mini Reflection:

What parts of your life feel worn down, tired, or broken?

What renewal might God be inviting you to receive today?

How can you open your heart to this fresh start, trusting that God’s strength will carry you through?

Journaling Prompts:

1. What old hurts or habits do I need to let go of to experience renewal?
2. How can I practically lean on God for renewed strength this week?
3. What new hope or vision is God placing on my heart?

Real-Life Example: Sarah’s Renewal:

After years of burnout in her career, Sarah felt empty and disconnected. Through prayer, counseling, and setting healthier boundaries, she gradually found new energy and purpose. “Renewal wasn’t instant,” she shared, “but as I surrendered control and trusted God, I began to soar in ways I never imagined.”

Closing Prayer:

“Lord, I come to You weary and worn, ready to be renewed. Fill me with Your strength, hope, and peace. Help me release the past and step boldly into the new life You offer. May Your Spirit refresh my soul daily. In Jesus’ name, amen.”

Scriptures for Further Meditation:

- Isaiah 40:31 – *Renewed strength*
- 2 Corinthians 5:17 – *Becoming new creations*
- Lamentations 3:22-23 – *Great is Your faithfulness*

Bonus Chapter

Staying Calm in the Real World

Integrating Peace into Daily Life

Theme: Integrating Calm into Daily Life:

Introduction: Beyond the Quiet Room

You've completed 8 days of intentional reflection, grounding, and renewal. But what happens when real life comes rushing back in, emails, parenting, grief, conflict, deadlines?

Sustaining calm in the real world isn't about controlling your circumstances. It's about creating rhythms of peace that flow *with* your life, not *against* it.

The goal isn't to feel serene every moment; that's not realistic. The goal is to return to your center more quickly, to build a life where calm is accessible, even when chaos knocks.

As Jesus told His disciples, *"In this world you will have trouble. But take heart! I have overcome the world"* (John 16:33, NIV). His peace wasn't circumstantial; it was relational, rooted in constant connection with the Father.

Grounding Practice: The "Return to Calm" Routine:

Practice this whenever you feel scattered, overstimulated, or off-balance. It's simple, portable, and effective in moments of stress:

1. **Pause:** Close your eyes (if safe) and take 3 slow, deep breaths.
2. **Name:** Acknowledge what you're feeling: anxious, frustrated, tired, etc.
3. **Anchor:** Whisper a breath prayer or Scripture (e.g., "Be still, my soul" – Psalm 62:5).
4. **Recenter:** Ask, *"What do I need right now to return to peace?"*

Repeat this throughout the day. Over time, it becomes instinctive, your personal reset button.

Integration: Calm in Real Life

At Work:

Bring stillness into high-stress environments by scheduling 3- to 5-minute "reset breaks" every few hours. Close tabs, stretch, breathe. Before meetings, pray silently or recite a Scripture like:

"Let the peace of Christ rule in your hearts..." (Colossians 3:15, NIV)

Example: Michael, a team leader in a fast-paced corporate setting, started arriving 10 minutes early to sit in his car, practice box breathing, and listen to worship music. "It felt small," he said, "but it changed how I walked into the room, calm, not reactive."

In Parenting or Relationships:

Children, spouses, and roommates often absorb our energy. Your calm becomes their calm. Incorporate "peace pauses" during transitions, before school drop-off, after work, or during conflict.

"A gentle answer turns away wrath, but a harsh word stirs up anger." (Proverbs 15:1, NIV)

Practice: Try a nightly 5-minute family "gratitude grounding," where everyone shares one peaceful or joyful moment from the day.

In Grief or Emotional Struggle:

Grief and trauma come in waves. Your job isn't to suppress the pain, but to hold it gently, in God's presence. Calm doesn't erase sorrow; it offers a soft place to land.

"The Lord is close to the brokenhearted and saves those who are crushed in spirit." (Psalm 34:18, NIV)

Real-Life Example: After losing her mother, Jasmine kept a "peace corner" in her home, a chair, a candle, and a Bible. "I cried there. I prayed there. And eventually, I breathed there," she said. "That space became holy ground."

Bonus Practice: The Calm Maintenance Plan:

Here's a gentle, ongoing rhythm to help you *sustain* calm beyond this devotional.

Weekly Rhythm

Practice	Frequency	Ideas / Notes
Sabbath Rest	1x weekly	Unplug. Attend church. Walk. Sleep. Worship.
Soul Check-In	1x weekly	Journal with prompts: "Where am I feeling empty?" "Where am I growing?"
Social Media Sabbath	1x weekly or daily	Set boundaries: no scroll zones, timed use
Evening Grounding	Daily	5-minute breath prayer and gratitude journal
Morning Centering	Daily	Read one Scripture. Breathe. Set an intention.

Mini Reflection:

You don't need a perfect environment to live in peace. You just need presence.

"Remain in me, as I also remain in you... Apart from me, you can do nothing." (John 15:4, NIV)

Peace isn't a personality trait; it's a spiritual practice. One you return to, again and again.

One that changes how you move through the world.

Journaling Prompts:

1. What situations in my life consistently disturb my calm?
2. Which grounding practice can I turn into a daily or weekly rhythm?
3. What's one boundary (tech, time, energy) I can put in place to protect my peace?

Real-Life Integration Story:

Elias, a single dad and public-school teacher, used to live in a state of constant exhaustion. “I thought the only way to survive was to keep going,” he shared. “But it was killing my joy, and my faith.” After reading *7 Days to Calm*, he started integrating a 10-minute morning devotional, no-phone dinners, and a Sunday Walk alone. “It didn’t fix the noise,” he said, “but now I know how to find my way back to stillness.”

Closing Prayer:

“God of peace, thank You for teaching me how to carry calm into the chaos. Help me to make space for You daily, not just in devotionals, but in dishes, traffic, tension, and tears. Let Your presence go with me and give me rest (Exodus 33:14). May calm be more than a feeling; may it be the fruit of walking closely with You. In Jesus’ name, amen.”

Tools & Templates for Your Calm Journey

Resources to Help You Continue Walking in Peace

You've walked through 7 days (plus a bonus) of deep soul work. Now it's time to equip yourself with **practical tools** to sustain what God has started.

These templates and practices are designed to support your ongoing journey toward calm, whether you're just starting, returning after a stressful week, or helping someone else find their footing.

1. Printable Journal Pages

Use these reflection pages with each devotional day. Revisit them weekly or monthly to notice spiritual, emotional, and mental growth.

Each page includes:

- A guiding **Scripture**
- 3-4 **daily reflection prompts**
- A **breath prayer** space
- "How calm do I feel today?" (1–10 scale)

Tip: Print and keep in a binder or journal app.

2. Calm Tracker: Weekly & Monthly

Track your inner state like you would your steps or sleep. Use this Calm Tracker to gently observe your moods, triggers, and progress without judgment.

How to use:

- Mark your **daily calm level** (1 = overwhelmed, 10 = grounded)
- Add short notes on triggers or helpful habits
- At the end of the week/month, reflect on trends

“When did I feel most peaceful?”

“What patterns disrupted my calm?”

Day	Calm Level (1–10)	Trigger or Reset	Notes
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			

Insight: The more aware you are of what steals and restores your calm, the more equipped you'll be to *reclaim it intentionally* (Proverbs 4:23).

3. Affirmation & Scripture Cards

Cut out or screenshot these calming truths. Post them where you'll see them — on your mirror, fridge, steering wheel, or home screen.

Affirmations

- "I carry the peace of Christ within me."
- "My worth is not based on my productivity."
- "I can pause. I can breathe. I can begin again."
- "God meets me in stillness."
- "Peace is possible right here, right now."

Scripture Cards

- *"You will keep in perfect peace those whose minds are steadfast, because they trust in you."* Isaiah 26:3
- *"Be still and know that I am God."* Psalm 46:10
- *"Come to me, all you who are weary and burdened, and I will give you rest."* Matthew 11:28
- *"Let the peace of Christ rule in your hearts..."* Colossians 3:15

4. "Peace Playlist": Calming Worship & Instrumentals

Music is powerful. It calms the nervous system, helps anchor your breathing, and brings your spirit back into alignment with God's truth (1 Samuel 16:23).

Curated Peace Playlist Suggestions (*use your favorite music platform*):

Worship Songs

- **“Peace Be Still”** – Hope Darst
- **“Still”** – Amanda Lindsey Cook
- **“It Is Well”** – Kristene DiMarco
- **“You Know Me”** – Bethel Music
- **“Goodness of God”** – CeCe Winans version
- **“Lean Back”** – Capital City Music
- **“Tend”** – Bethel Music & Hunter Thompson

Instrumental / Soaking Music

- *Peaceful Piano* (Spotify playlist)
- *Bethel Music Instrumentals*
- *“Selah” by William Augusto*
- *Calm Christian Piano – Calm Radio*
- *Sleeping at Last – Instrumentals*

Tip: Create morning or evening *“Calm Rituals”* using your playlist, a candle, and 5 minutes of breathing or Scripture reading.

Optional Printable: Weekly Calm Rhythm Planner

Day	Morning Practice	Midday Reset	Evening Wind-Down	Scripture Anchor
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				

Use this to gently *design a life that supports your peace*, rather than one that constantly steals from it.

Closing Reminder

You don't need every tool every day. These aren't spiritual obligations; they are invitations. Return to them whenever you need to *rebuild the bridge back to calm*.

"The Lord gives strength to his people; the Lord blesses his people with peace." Psalm 29:11

Group Study Guide & Discussion Prompts

How to Use This Guide

This guide is designed for small groups, churches, retreats, or even close circles of friends who want to walk through *7 Days of Calm* together. Each session centers on one of the daily themes and includes reflection questions, a prayer prompt, and a group activity idea. You can meet daily, weekly, or adapt the pace to suit your group.

Day 1: BREATHE – Returning to the Present

Discussion Questions:

- What does it mean for you to slow down and become present before God?
- How does stress affect your breathing, thoughts, and spiritual awareness?
- How can intentional breathing become part of your prayer life?

Group Practice:

Practice a 3-minute breath prayer together.

Inhale: “Lord, I receive Your peace.”

Exhale: “I release my pressure.”

Prayer Prompt:

Lord, teach me to be still and aware of Your presence.

Day 2: RELEASE – Letting Go of the Heavy

Discussion Questions:

- What burdens are you carrying in this season?
- Why is it sometimes hard to release what weighs you down?
- What would surrender look like in your life right now?

Group Practice:

Write down one burden privately and offer it to God in silent prayer.

Prayer Prompt:

Father, help me release what I was never meant to carry alone.

Day 3: GROUND – Finding Peace in Your Body

Discussion Questions:

- How do you experience anxiety in your body?
- What helps you feel grounded when life feels overwhelming?
- How can bodily awareness support spiritual peace?

Group Practice:

Guide the group through a short body scan or mindful walking reflection.

Prayer Prompt:

God, ground me in this moment and in Your love.

Day 4: NOURISH – Feeding Your Soul and Body

Discussion Questions:

- What have you been feeding your mind, heart, and spirit lately?
- What habits leave you depleted instead of restored?
- What nourishment do you sense God inviting you to receive?

Group Practice:

Read Psalm 23 slowly together and share one word or phrase.

Prayer Prompt:

Lord, feed my soul with what truly gives life.

Day 5: CALM THE STORM – Finding Peace Amid Life's Turmoil

Discussion Questions:

- What storms are you facing right now?
- How do you usually react when life feels chaotic?
- What would it look like to anchor yourself in God's peace?

Group Practice:

Practice anchor breathing together for 2–3 minutes.

Prayer Prompt:

Jesus, speak peace over every storm within me.

Day 6: ROOTED – Finding Stability in God

Discussion Questions:

- Where do you feel secure and stable right now?
- What areas of your life feel shaky?
- What helps you stay rooted in God?

Group Practice:

Read Colossians 2:6–7 and reflect together.

Prayer Prompt:

Lord, root me deeply in Your truth and love.

Day 7: RECONNECT – Restoring Relationship with God and Others

Discussion Questions:

- Where do you feel disconnected right now?
- Is there a relationship that needs healing?
- What step can you take toward reconnection?

Group Practice:

Pray silently for one relationship that needs restoration.

Prayer Prompt:

God, restore connection where there has been distance.

Optional Closing Reflection: RENEW

Discussion Questions:

- What has God renewed in you during this journey?
- What old habits or hurts do you need to release as you move forward?
- What fresh hope do you sense God giving you?

Prayer Prompt:

Lord, renew my mind, heart, and strength.

Optional Bonus Session: STAYING CALM IN THE REAL WORLD

Discussion Questions:

- Which calm practices will you continue after this study?
- What rhythms or boundaries do you need to protect your peace?
- How can you carry this calm into work, family, and daily stress?

Prayer Prompt:

God, help me live out this peace in everyday life.

Acknowledgments

This book was birthed in stillness and sustained by grace. It would not exist without the quiet nudges of the Holy Spirit, who taught me that peace isn't found in the absence of chaos, but in the presence of Christ.

To my family, thank you for your patience during the writing process and your unwavering encouragement. You helped hold space for this message before it ever made it to paper.

To my spiritual mentors, pastors, brothers, and sisters in the faith, thank you for modeling calm, deep-rooted trust in seasons where I desperately needed it. You reminded me that rest is holy, and that God is near to the weary.

To the readers, friends, and early supporters who gave feedback, tested these practices, and shared stories of how God met you in the silence, this book is also yours.

And most of all, to Jesus, the Prince of Peace, thank You for teaching me that calm isn't something I must chase, but something You offer freely when I return to You.

May every reader who opens these pages discover that the peace of Christ is not far away, but available even now.

About the Author

Rohan Brooks is a speaker, coach, and faith-based writer passionate about helping people experience spiritual growth, emotional healing, and purposeful living. Through biblical encouragement, real-life insight, and practical reflection, he creates resources that help readers slow down, hear God clearly, and walk in lasting peace.

In *7 Days to Calm*, Rohan combines Scripture, reflection, and grounded practices to help readers move from inner pressure to deeper peace. His heart is to encourage people not only to believe in God's peace but to experience it personally in everyday life.

When he's not writing, Rohan enjoys investing in his community, developing faith-based resources, and spending quiet time with God through prayer, Scripture, and reflection.

To learn more or connect, visit: rohanb765.wixsite.com/my-site

Continue the Journey

Thank you for walking through *7 Days to Calm*.

My prayer is that this journey has helped you slow down, breathe deeply, and reconnect with the peace of God in a fresh way. But this is only the beginning.

If this book encouraged you, here are your next steps:

Stay Connected

Visit: rohanb765.wixsite.com/my-site

Keep Growing

Look out for future devotionals, guided workbooks, and Bible-based resources designed to help you grow in peace, purpose, and spiritual strength.

Share the Journey

If this book blessed you, consider sharing it with a friend, small group, church leader, or loved one who may need calm in this season.

Write the Truth Down

Return to these pages often. Revisit the practices. Reflect on the Scriptures. Let peace become a rhythm, not just a moment.

May the Lord bless you with strength, stillness, and lasting peace.

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Quotes and Reflections

Millman, D. Quote used in reflection section.

Walsh, S. Quote used in reflection section.

Unknown. “When God is your peace, nothing can steal your calm.”

Practical Techniques Referenced

Box breathing technique. Commonly used in breath regulation and stress reduction practices.

5-4-3-2-1 grounding exercise. Commonly used in trauma-informed therapy and anxiety regulation.

Bonus Peace Quotes for Reflection

“Be still and know that I am God.” *Psalms 46:10*

“Your calm mind is the ultimate weapon against your challenges. So relax.” *Bryant McGill*

“When God is your peace, nothing can steal your calm.” *Unknown*

“Faith does not make things easy; it makes them possible.” *Luke 1:37*

“You don’t have to control your thoughts. You must stop letting them control you.” *Dan Millman*

“God is not a God of disorder but of peace.” *1 Corinthians 14:33*

“The greatest weapon against stress is our ability to choose one thought over another.”
William James

“Peace is not the absence of trouble, but the presence of Christ.” *Sheila Walsh*