

3 DAYS TO PEACE

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Message from Daryl

Peace isn't a personality. It's a process. And if you've picked up this journal, you're already in it.

Most people think peace is something you have to feel. But here's what I've learned: peace is something you practice. It's something you return to, one breath, one verse, one honest moment at a time.

This journal isn't a fix. It's a guide. It's a space for you to get honest, slow down, and invite God into your real life; the chaos, the questions, the anxiety, the ache.

You don't have to have it all together to begin. You just have to show up.

Here's what you can expect every day:

- A Bible verse to focus your mind
- A breathwork phrase to center your body
- A reflection prompt to go deeper
- A short prayer to reconnect with God
- A word of encouragement to carry with you

Each section is short but intentional. Read it slowly. Sit with it. Write what you feel.

Day 1: Finding Stillness

Scripture: Isaiah 26:3 – “You will keep in perfect peace those whose minds are steadfast, because they trust in you.”

 **RWRR: Read, Write, Recite, Repeat**

Read the verse slowly 2x. Write it below. Recite it out loud or whisper it. Repeat it 3x today.

Write it here:

Breathwork Moment

Inhale: You will keep me
Exhale: in perfect peace
Repeat slowly 4x.

Reflection Prompt

What's stealing your peace today? What would it look like to give that over to God, just for today?

Prayer

Lord, I don't always feel peaceful but I want to trust You more than I trust my feelings. Keep my mind steady. Anchor my heart. And help me breathe in Your truth today. Amen.

💡 Daily Encouragement

Just because you feel afraid doesn't mean you've failed God. It means you're human and it means you're in the perfect place for Him to show up strong.

Day 2: Releasing Anxiety

Scripture: Philippians 4:6 – “Do not be anxious about anything, but in every situation... present your requests to God.”

🔄 RWRR: Read, Write, Recite, Repeat

Read the verse slowly 2x.

Write it below.

Recite it out loud or whisper it.

Repeat it 3x today.

Write it here:

Breathwork Moment

Inhale: Inhale prayer

Exhale: Exhale panic

Repeat slowly 4x.

Reflection Prompt

When anxiety rises, where do you usually go first, God or Google? What might shift if you paused to pray instead?

Prayer

Jesus, help me pause today, not to fix everything, but to talk to You about it first. Give me peace as I hand it over, again and again. Amen.

Daily Encouragement

Faith isn't the absence of fear. It's choosing to move forward even when fear tags along.

Day 3: Change Your Mind

Scripture: Romans 8:6 – “The mind governed by the Spirit is life and peace.”

RWRR: Read, Write, Recite, Repeat

Read the verse slowly 2x.

Write it below.

Recite it out loud or whisper it.

Repeat it 3x today.

Write it here:

Breathwork Moment

Inhale: Inhale peace

Exhale: Exhale chaos

Repeat slowly 4x.

Reflection Prompt

What's one thought you've been believing this week that isn't true? What would the Spirit say instead?

Prayer

Holy Spirit, govern my mind today. I surrender my spirals, my stories, and my stress. Lead me to life and peace. Amen.

Daily Encouragement

You can't always stop the spiral but you can stop agreeing with it.

Next Steps

This 3-day journal is a starting point on your journey to inner peace. Remember that cultivating peace is an ongoing process that requires dedication and self-compassion. Continue to incorporate these practices into your daily life and you will discover that inner peace is not only attainable but a source of strength and resilience.

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