

X R D S

*Presence*  
**POWER**

THE SPIRIT OF PEACE DEVOTIONAL

# The Spirit of Peace

## DAY 1

Anxiety is not a sign of weakness, but it does weaken us.

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What is causing you anxiety right now?  
How does your anxiety affect you spiritually, physically and emotionally?

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Genesis 1:2 says, “The earth was without form, and void; and darkness was on the face of the deep. And the Spirit of God was hovering over the face of the waters.” (NKJV)  
What is the Holy Spirit’s purpose in this passage?

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What is significant about the verb hovering?  
What was possible after the Spirit calmed the earth?

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**DAY 2**

Have you ever thought of the Holy Spirit as a calming presence? Why or why not?

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Have you ever felt the calming of the Holy Spirit?  
If so, how would you explain the experience?

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Was this peace of the Holy Spirit different from the peace you have experienced elsewhere in your life? If so, in what way?

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## DAY 3

All four Gospels record Jesus's baptism and the Holy Spirit descending on Him like a dove.

Imagine that scene.

What do you think the witness saw?

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How do you think this demonstration of the Spirit made Jesus feel?

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List the physical and personality characteristics you know about a dove:

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What does this image tell us about the Spirit?

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## DAY 4

The dove was a feminine symbol in biblical times and the Hebrew word used for “Spirit” is a feminine word.

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What are some uniquely feminine or motherly characteristics?

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Who is the female figure in your life you turn to when you need comfort?

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What unique comfort did this person provide you?

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Why is it important that the Spirit has these feminine and motherly qualities?

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How do you feel about the imagery of the Holy Spirit as feminine or motherly figure?  
Is it helpful? Is it strange or new to you? Do you resist or embrace it?  
Explain your response.

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## DAY 5

How do you typically cope with anxiety?

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Which coping mechanisms help, and why?

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Which coping mechanisms fall short, and why?

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Have you ever used praise or worship to fight your anxiety?  
If so, what was that experience like?

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In what ways are praise and worship comforting to us when we are weary with anxiety?

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What role can the Holy Spirit play in fighting anxiety with praise and worship?

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## DAY 6

Think about a time you felt comforted either by a person or by praise and worship.

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What aspects of this person or experience brought you a sense of peace?

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How could you apply this type of comfort to the anxiety you are facing today?

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Spend some time in prayer, ask the Spirit for comfort. Pay attention to any comforting words or feelings of peace the Spirit may be offering.