

## DAY 5 – Choosing Peace Over Payback

### SCRIPTURE TO READ:

Romans 12:17, 19

“Repay no one evil for evil... Beloved, do not avenge yourselves, but rather give place to wrath; for it is written, ‘Vengeance is Mine, I will repay,’ says the Lord.”

(Optional Additional Reading: Matthew 5:43–45; Philippians 4:6–9)

### THINK IT THROUGH:

Anger and resentment are natural—but they make terrible leaders. When we let them take charge, they poison peace. Paul reminds us that emotional health means letting God handle justice while we choose peace. Peace isn’t a feeling—it’s a decision to trust that God sees, knows, and will make things right.

### PUT IT INTO PRACTICE:

Think of one person or situation that still stirs frustration or resentment. Pray through it using this phrase: “Lord, I release this to You.” Then, write one healthy way you can move forward—whether that’s forgiveness, prayer, or setting a boundary.

### PRAYER FOR TODAY:

“Lord, I surrender my anger to You. Teach me to let go of offense and trust You with justice. Replace my frustration with Your peace.” Amen.

### GO FURTHER

“Lord, I surrender my anger to You. Teach me to let go of offense and trust You with justice. Replace my frustration with Your peace.” Amen.



**East Auburn** Baptist Church

