



LIVING LIGHTLY

A 5 DAY DEVOTIONAL EXPERIENCE

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Hi Friend!

I'm so honored that you want to join me on this journey to live lightly.
I'm so glad you're here!

Living Lightly devotional was born out of a season when I realized I'd been carrying things God never asked me to. I had unreasonable expectations for myself, a deep attachment to hustle, and guilt when I couldn't pull myself together—the pressure to be everything for everyone. Maybe you know that feeling too.

This devotional is an invitation to lay down the weight you may have been carrying and step into the unforced rhythms of grace Jesus offers in Matthew 11:28-30.

Jesus invites us into a better way:

“Come to me. Get away with me and you'll recover your life... Learn the unforced rhythms of grace.” Matthew 11:28–30 (MSG)

This 5-day journey is rooted in that invitation to pause and experience resting in God's presence.

Each day you'll be guided through four simple rhythms:

- Read the scripture slowly.
- Reflect on the thought for the day.
- Respond by praying.
- Selah - Pause. Breathe. Sit quietly with God.
- Pray out loud or silently.

I hope you keep going!

Love and Gratitude,

Patrice



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Day 1: Live Prayerfully

Scripture: Matthew 11:28–30 (MSG)

“Walk with me and work with me—watch how I do it... Keep company with me and you’ll learn to live freely and lightly.”

Scripture: Luke 5:16 (NIV)

“But Jesus often drew to lonely places and prayed.”

Devotional:

Are you tired? Worn out? If you’ve ever felt like you’re pushing through, distracted, and quietly overwhelmed, you’re not alone. I’ve been there, showing up for everyone else while secretly wondering when I’d be able to catch my own breath.

Even Jesus experienced this tension. Crowds pressed in and demands grew louder, yet Scripture tells us He often withdrew to lonely places to pray (Luke 5:16). He knew what we sometimes forget: our bodies may need food and sleep, but our souls need connection with God.

I’ve spent too many days rushing from one task to the next, chasing checkmarks on my “to-do” list while skipping time with the One who gives me life. That’s not living prayerfully, that’s striving endlessly. Striving can be exhausting. When I finally slowed down enough to listen to what the Holy Spirit was saying about rhythms, it wasn’t with a to-do list or a plan. It was a nap, a holy rest. Because I believe that naps are sacred.

Sometimes prayer looks like words. Sometimes it looks like silence. And sometimes it looks like closing your eyes and remembering that God holds the world without your help.

Jesus isn't asking us to push harder. He's inviting us to walk with Him. To discover a new rhythm and a new pace. Yes, rest includes sleep (and well, that's good too). Resting in God's presence is resistance against the culture of striving. It's a declaration that our worth isn't measured by what we produce.

Who are we running towards?

Jesus is the one who said, "Come to Me." Not to add more weight to your life, but to teach you how to live freely and lightly.

Reflect/Respond:

Where are you pushing too hard? What would it look like to walk with Jesus instead of striving on your own? What does "living lightly" look like in your relationships, work, and rest?

Selah:

Take a slow breath. Feel your shoulders relax.

Prayer:

Say this, "I come to you and lay it all down at your feet."

Jesus, You're inviting me not to do more, but to come closer. To embrace. To listen. To rest. I don't want to carry what you've already lifted. I release my striving, the expectations, and the pressure to prove my worth.

With love and Gratitude,

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Day 2: Live Free

Scripture: Matthew 11: 28-30 (MSG)

“Keep company with me and you’ll learn to live freely and lightly.”

Scripture: John 8:36 (NIV)

“So if the Son sets you free, you will be free indeed.”

Scripture: Matthew 18:12 (NIV)

“If a man has a hundred sheep and one wanders away, will he not leave the ninety-nine to go and look for the one?”

Devotional:

Our backyard used to be lined with pepper trees. I loved the way the breeze whistled through them as the birds would come and go as they wished. But eventually we discovered that those beautiful trees had some gnarly roots that were causing damage. They had to be cut down.

At first, I was sad to see them go, until one morning as I sat outside, I noticed something new. I saw the sunrise. For years, it had been hidden behind the trees I loved. What once blocked the light had been cleared away, and the view was breathtaking.

Freedom in Christ is like that. We don’t always see how deeply we’re striving and shame and insecurities have rooted themselves into our lives...until we experience coming out of the darkness of our past to walk in the Light of Jesus’ love.

Living lightly means learning to embrace your truest self in the light of Jesus' love. We are no longer entangled; we run our race at our pace (Hebrews 12:1), allowing Him to transform your heartache into hope, your pain into peace, and your disappointment into purpose. Sometimes freedom begins with honest prayers. Like that of King Jehoshaphat's prayer:

“We don't know what to do, Lord. But our eyes are on You.”

That prayer is about as honest as one can get. It's a true expression of ultimate trust in God to hold what may have held you back in the past and transform it into hope for the future. You were made in the image of God. You were never meant to be defined by shame but to walk with head held high. He sees you. He knows you. And He promised to walk with you every step on the way.

Jesus traded your failures at the cross for righteousness and significance anchored in Him. You are worth the search. And like the lost sheep, the Shepherd will always come looking for you.

Living lightly is releasing what weighs you down and walking wonderfully free.

Reflect/Respond:

What's something you need to release today to live more freely and lightly?

Prayer:

Jesus, I don't have all the answers, but my eyes are on You. I release what's heavy and lean into what's holy. Let me live from love. From authenticity. From rest. Not to earn, but to abide. Thank You that nothing defines me more than Your love. That's the life I want: freely and lightly. Amen.

Selah:

Inhale deeply.

Exhale slowly.

Say, “You Jesus are my steady pace.”

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Day 3: Live Honestly

Scripture: Ephesians 5:13-14 (NIV)

“Everything exposed by the light becomes visible—and everything that is illuminated becomes a light.”

Devotional:

In Northern Ireland, my husband’s ancestral family worked the peat bogs. They learned to cut and gather peat—decayed vegetation from bog lands—and use it to provide heat and warmth through long winters. Because of the acidity and preservation qualities of the peat, bodies from hundreds of years ago—some dating back to the 1800s—have been discovered, nearly intact. Perfectly preserved... but frozen in time.

Those bodies, frozen in time, reminded me of the emotions we bury: Emotions like shame, fear, grief, and inadequacy. When we preserve our pain instead of exposing it to the light of Jesus, we get stuck.

Living honestly with Him means letting ourselves feel and heal. It means opening the hidden places of our lives to the touch of His light. And when Jesus shines into those places, they don’t just heal—they become a light for others, guiding us toward recovery and hope.

God wants to replace the insecurity of our past with God-given esteem. When we live honestly before God, we really are walking in our most authentic selves. There is no need to hide because we are accepted

Sometimes our journey to freedom begins with an honest conversation with God. Like “We don’t know what to do, Lord. But our eyes are on You.” 2 Chronicles

20:12 (NIV)

Let your honesty meet God's loving Presence and that's where healing begins.

Reflect/Respond:

What's something buried you need to bring into the light? Speak it aloud. Pray it through.

Prayer:

Jesus, I don't want to be preserved in pain. Bring your light into the places I've buried. Whether it is fear, shame, or disappointment, let them lose their power in Your presence. You didn't die on the cross so I could stay stuck. You rose so I could walk free. I'm ready to live in the light. Amen.

Selah:

Sit quietly. Place your hand over your heart and say, "Jesus, help me to walk in your ways and keep my eyes on you."

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Day 4: Live Loved

Scripture: Psalm 139:1 (VOICE)

“You have explored my heart and know exactly who I am.”

Scripture: Romans 8:38 (NIV)

“And I am convinced that nothing can ever separate us from God’s love.”

Scripture: Ephesians 3:19 (NLT)

“And may you have the power to understand, as all God’s people should, how wide, how long, how high, and how deep his love is...”

Devotional:

Unconditional love is almost impossible to wrap our minds around. From a human perspective, it just doesn’t make sense. But that’s the depth of love Christ has for us, nothing can shake this love. That love for us led Jesus all the way to the cross.

As a child, it made all the difference to know that I was cherished and accepted in my family. There was always a seat at the table for me. That love helped shape who I was becoming and who I am today. But as life unfolded there were times I lost sight of what it meant to feel cherished.

Maybe you’ve felt that too. For me, it felt like the ache of not being enough for some, or being too much for others. I searched for affirmation from others, rather than anchoring my identity in Jesus.

Jesus invites us to walk cherished. He desires that we know this truth in our bones. In Jesus, you are not overlooked. You are cherished, God’s own beloved

child. Living lightly means living from love, not for love.

Psalm 139 offers a powerful reminder that we are fully known. He calls us beloved. That means, nothing can separate us from His love, not our fears, failures, or flaws.. And when that trust begins to take root in our hearts, we start to live lightly. We walk cherished. Walk free. Not because of our roles or accomplishments, but simply because we belong to Jesus. It is the root of our identity.

This passage in Ephesians 3:19 became a lifeline for me in my own healing at a time when I needed the reminder that His love is not fragile or conditional. It's wide, long, high and deep. I am surrounded by it, and nothing can separate me from it.

Reflect/Respond:

Who has loved you well? What does their love teach you about God's love for you?

Prayer:

God, thank You for the gift of Your love. Through your sacrifice on the cross, we learned how much you loved humanity. Let us live with that deep kind of love that leaves a legacy to those around us. Let us carry Your light into the world—even through the broken places. Especially through the broken places. Amen.

Selah:

Pause. Breathe. Imagine Jesus whispering your name and calling you beloved. Let that word settle deep into your spirit.

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Day 5: Live Fearlessly

Scripture: Matthew 6:34 (NIV)

“Do not worry about tomorrow, for tomorrow will worry about itself.”

Scripture: John 6:12 (NIV)

“Gather the pieces that are left over. Let nothing be wasted.”

Devotional:

Recently, I once took some time away for a silent retreat. It was something I'd been encouraged to try.

Can I be honest? It was hard! Hard to put my phone down...hard not to check Instagram...hard to sit in the quiet with nothing but my thoughts and Scripture. At the time of the retreat, I felt a little lost, living in regret, confronting places where I thought I'd failed in my efforts. But about twenty-four hours in, something shifted. In the stillness, the Lord reminded me of the story in John 6:12.

Jesus had just fed thousands through a miracle of five barley loaves and two small fish, provided by a young boy. After everyone had eaten their fill, Jesus said something unexpected to the disciples: “Gather all the leftover pieces of bread, let nothing be wasted.” Even as the disciples fed thousands, Jesus was making provisions for their needs as well.

That moment felt like permission to welcome the joy and pain of my past.

To live fearlessly means to embrace all that God is developing in you. Living lightly doesn't mean pretending to have it all together. It means daring to bring every part of yourself, your insecurities, your regrets, even your “scraps”—into the presence of Jesus and allowing them to be replaced with God given esteem. He desires to trade that fear of the past for your hope of the future.

There are pieces of your story you've deemed useless—wounds, disappointments, detours. But Jesus gathers them. Even the scraps. Especially the scraps. The truth is, God uses every part of your story to craft a new story. One built on love, grace and mercy. He does this even with the pieces you'd rather forget. Especially the ones you'd rather forget. Living lightly means believing that nothing in your story is wasted—and trusting Him enough to walk forward in freedom, knowing you are deeply loved, forgiven and restored.

Reflect/Respond:

What pieces of your story have you tried to forget? How does he want to share a new story with you? Invite God to heal and nourish your soul as you move forward.

Selah:

Pause here.

Picture Jesus gathering the fragments of your life.

Say aloud, "Thank you, Jesus, that none of the hills and valleys of my story are wasted."

Prayer:

Lord, thank You for gathering the pieces. Even the ones I thought were too broken. I trust you with my story. I trust You with the parts that still feel unfinished. Remind me again: nothing is wasted. Not the tears. Not the waiting. Not the wrong turns. You use it all. Amen.

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Thank you so much friend!

What a joy it's been to walk through Living Lightly with you! Thank you for joining me on this journey!

Over these past few days, we've learned to pray honest prayers, release shame, and embrace God's love, trusting Him with every piece of our story.

Living lightly is not a one-time choice—it's a daily rhythm of surrender, trust, and grace to choose Jesus' way instead of our way. You don't have to carry it all. You were created to walk with Jesus, at His pace and in His presence. There is so much happening in our world. We need to lean in to Jesus more than we ever have.

He is your freedom.

He is where you can find rest for your weary soul.

Here's my blessing for you as you continue to choose time with Jesus on your faith journey:

May you live lightly, rooted in the deep love of Christ. May the things that once weighed you down lose their grip, and may you run your race with courage, knowing you are deeply loved by God.

This isn't the end of our journey together, it's the beginning. I'd love to keep sending encouragements straight to your inbox: reflections, resources and updates as I continue to write and share.

Thank you for letting me walk alongside you. I'm praying that you keep learning the unforced rhythms of grace and walk wonderfully free.

Final Selah:

Pause one last time. Breathe in His presence. Exhale the weight.

Say, "I am loved. I am free. I am safe."

With love and gratitude,

Patrice