



ICE BREAKERS

- ❑ What kind of comfort food do you like? Does it bring you peace?
- ❑ Where does peace come from?
- ❑ Can we have peace in the middle of tough, difficult circumstances?



READ Galatians 5:19-23

NOTE: We said that the fruit of the Spirit is love. But love has many attributes or expressions of love. Love is joyful, love is peaceful, love is patient, love is kind, love is good, love is faithful, love is gentle, love is showing self-control.

- ❑ The second attribute of love is PEACE.

READ John 14:27

²⁷ Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid.

NOTE: Jesus says His “peace” is a gift!

- ❑ Is a gift something we work for or earn?
- ❑ Can we accept or reject a gift from someone? How about Jesus?
- ❑ Who produces “peace” in the life of a follower of Christ?



Jesus says His “peace” is different than the world’s.

- ❑ How?

PEACE

- ❑ When the world says we need peace, what does it mean?

NOTE: World peace is fragile, unstable, temporary. But God’s peace is different! God’s peace is lasting!



- ❑ When Jesus talks about His “peace” what is He talking about?

NOTE: The word for peace here can translate out “calmness” or “completeness.” In other words, He wants to calm us or complete us in the middle of our tough, difficult circumstances.

- ❑ Does Jesus sometimes shelter us from difficult times?

- ❑ Does He allow difficult times?

- ❑ Share a time when you felt the “peace” of God in the middle of your difficult time.



- ❑ **KEY to PEACE—Focus on God’s Presence!**

READ Isaiah 26:3

³ You will keep in perfect peace those whose minds are steadfast, because they trust in you.

“Whose mind is steadfast” or whose mind is FOCUSED.

- ❑ Do we have a choice on what we focus on in life?
- ❑ What happens when we focus on our problems?
- ❑ What happens when we focus on God who holds the solutions to our problems? (See quote on reverse side bottom.)
- ❑ How can I focus on God more/better?

READ Psalm 46:10

¹⁰ He says, “Be still, and know that I am God; I will be exalted among the nations, I will be exalted in the earth.”

⇒ “Be still.”

↳ Do you know what it means to “be still”?

↳ Does it mean we have to become a monk?! ☺

↳ Does it mean we have to be still physically?

Be
still
and know
that I am
God

NOTE: “Still” can mean relax, let go, ease up.

When’s the last time you were “still” before God?

↳ What does this look like for you?

⇒ “Know that I AM GOD.”

↳ What does it mean to know that He is God?

NOTE: We have to remember who God is, and our relationship to Him.

READ Luke 8:22-25

²² One day Jesus said to his disciples, “Let us go over to the other side of the lake.” So they got into a boat and set out. ²³ As they sailed, he fell asleep.

A squall came down on the lake, so that the boat was being swamped, and they were in great danger. ²⁴ The disciples went and woke him, saying, “Master, Master, we’re going to drown!” He got up and rebuked the wind and the raging waters; the storm subsided, and all was calm. ²⁵ “Where is your faith?” he asked his disciples. In fear and amazement they asked one another, “Who is this? He commands even the winds and the water, and they obey him.”

↳ Where was the disciples’ focus...on Jesus or the storm?

↳ Where was Jesus when the storm was raging?

↳ Did Jesus have power over the storm?

↳ Does He have power over your storms?

↳ Can focusing on Him bring peace in the middle of life’s storms?



APPLICATION:

↳ Talk about some of life’s storms that you have faced.

↳ Is it tempting to get our focus on the storm instead of on Jesus?

↳ Pray for each other’s storms.



If you look at the world, you’ll be distressed. If you look within, you’ll be depressed. If you look at God you’ll be at rest.

Corrie ten Boom

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