

# EPHESIANS

## Peace is the Foundation

Main Scripture: Ephesians 6:15, 19

**Peace forms the foundation from which we fight. (v 15)**  
(Eccl 3:11)

**Peace WITH God**  
(Jam 4:4, Rom 5:1)

**Peace OF God**  
(Phil 4:6-7, Is 53:6, Jn 10:27, Rom 14:23)

**Peace brings the confidence to share. (v 19)**  
(Mat 5:11-12, 1 Pet 3:15)

## Questions to Journal ... regarding your experience of peace

Journaling can be a very helpful tool in communicating with God. Take some time to listen, reflect and write down your flow of thoughts, pictures you see inside or what you hear during this time of listening prayer.

1. Ask, *“Holy Spirit, in what areas of my life am I not experiencing peace?”* Journal your flow of thoughts, pictures or what you hear.
2. Explain how it feels to NOT have peace in these areas. Write out the emotions that surface.
3. Ask, *“Jesus, will you please show me where You are at in this situation?”* Or, *“Will You please give me Your perspective of these things?”* Again, write out your flow of thoughts, pictures or what you hear.
4. Consider surrendering these areas to God and ask Him to exchange your fear, anxiety or worry with His peace. You can write out your own prayer or pray something like this:

*“Heavenly Father, I come to You in Jesus' name, and I acknowledge that I have allowed myself to be gripped by (fear/anxiety/worry...) about the (situation/concern/relationship). I now repent of this and ask You to forgive me. I surrender the (situation/concern/relationship) to You. I acknowledge that You can do a better job of taking care of these things than I can. So, I choose now, by an act of my will, to not be (fearful/anxious/worried...) about this but will trust You for Your (wisdom/guidance/power/protection/provision...). Please lift off of my spirit, soul and body this (fear/anxiety/worry) now and exchange it with Your peace. Thank you for your presence and care in my life. In Jesus' name, amen.”*

# Peace is the Foundation | July 17 & 18, 2021

The Small Group Sermon Study

Ephesians 6:15, 19



**Opening Prayer: Father God, thank You for Your love, wisdom and truth. Guide us by Your Holy Spirit and change our lives to be more like the life of Jesus. Amen.**

1. Big Picture: What did you like or appreciate about this message? What challenged you in this message?
2. Read the key passage(s) of Scripture from the message and review the points from the sermon notes, then answer the following questions:
  - a. Pastor Barry tells us that “solid footing is necessary in any fight.” Why do you think that peace is the solid footing that we need? Explain in your own words what the solid footing of peace could look like for you.
  - b. Pastor Barry talks about Satan’s strategy to trip us up through fear, anxiety and worry. Take a moment to think about how Satan is trying to trip you up in these ways. Is there a word or a phrase that would capture how Satan is trying to trip you up? For example: “I know I’m supposed to trust God with my family, but I just can’t do it.” Share any fear, anxiety or worry that you have with the group. Pray for each other that Jesus would take the fear, anxiety or worry and exchange it for His peace.
  - c. “Experiencing peace at the core of who we are is the only way to fearlessly share Jesus Christ with other people who are looking for peace.” How can you support each other in experiencing peace at the core? Who do you know who needs the peace of Jesus? How can you encourage each other in having these conversations?
3. What don’t you understand or what other questions does this message make you ponder?

***Silently re-read the key Scripture(s) from the message, asking the Holy Spirit to speak to you.***

4. What emotions does this passage or the key theme stir up in you?
5. What do you need to surrender to Jesus? How will you respond to what God is showing you?
6. What is the most important next step you could take this week to grow in this area? And how will you hold yourself accountable to take this step?

***Prayer: Open the sermon resources and take time on your own to pray through the written prayer that Pastor Barry included in the notes. Share with the group any experiences you had as you went through this exercise. Pray a blessing on each other and ask the Lord to give you His peace as your foundation.***