

INCREASE YOUR PEACE



WEEK 1 - When you are restless

Colossians 3:15 NLT “And let the peace that comes from Christ rule in your hearts. For as members of one body you are called to live in peace. And always be thankful.”



Check out the Bible Plan associated with this series on your bible APP:

Search : **Increase Your Peace**

BIG QUESTION : Which activities steal your peace?

DISCUSSION:

- What stood out to you the most from the message? What's one thing you learned?
- What's your answer to today's Big Question? (Printed above)
- How does it feel in your body when you're restless and need peace? How does it feel in your heart and mind when you're restless and need peace?
- Read Colossians 3:15 NLT above. What do you think it would mean to have the peace that comes from Christ ruling in your heart? What do you think that would feel like?
- Talk about some activities you could start doing (or that you already do) to help you feel closer to God and more at peace. Examples: Go for a walk and pray, listen to godly music, journal prayers, etc.
- When do you feel like you just need Jesus to blanket you in peace? Who can you reach out to for help when you need peace? God, Jesus, the Holy Spirit, a trusted adult, a close and trusted friend, etc.
- Talk to students about what's on their minds and hearts and bring those things to God in prayer together.

Week 1

A Peace Prayer for When I Am Restless

**When I am _____, God, increase
Your peace. Blanket me in peace and give me
rest. Heal me to send me. Amen.**

