

INCREASE YOUR PEACE



WEEK 2 - When your heart breaks

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 : Why do you think God lets bad things happen?

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** (*printed on this guide*). What does it look like to live in peace even when your heart is breaking?
- When your heart is really sad over a really difficult situation, it can feel impossible to find peace. How can you get the peace you need even in the most difficult situations? *Ideas: Cry when you need to, talk to a trusted adult, pray, read encouraging Bible verses, listen to worship music, sing to God, etc.*
- Why is it important to reach out for help when your heart is breaking? What seems to happen when people try to “hold it in” and don't talk to anyone?
- Talk to students about what's on their minds and hearts and bring those things to God in prayer together.

Week 2

A Peace Prayer for When My Heart Breaks

**When my heart is broken by _____,
God, increase Your peace. Mend me with
peace and give me trust. You are still in
control. Amen.**

