

Real Peace

Pastor Don Brock

Use this guide by yourself, with a friend, or in a group to help you pursue a deeper relationship with Jesus this week!

Open

It's no exaggeration to say that for most of us these last several months seem to have brought an almost endless stream of challenges - which at times can make it feel impossible to maintain a sense of peace. And sadly enough, it seems that every time things appear to be getting back to "normal" there's another crisis that rears its head. So today Pastor Don is going to help us understand how the Bible says we can experience God's peace when it feels like the world is falling apart. To get your group started, imagine an anxiety scale numbered 1-10 where 1 is very peaceful and 10 is very anxious - how would you rate your life on this scale? Explain.

BIG THOUGHT

The Bible is clear that whenever we face challenging times God wants us to turn to Him to experience the peace we desire - so that He can provide it!

1. Read Isaiah 43:1-2. At the time this book was written, the nation of Israel was suffering in exile in Babylon due to their rebellion against God. Why did the Lord tell Israel not to be afraid? (v. 1) How does this verse agree with Jesus' words in John 10:27-30? Through what trials did Isaiah say God's people would safely pass? (v. 2) And how can this passage bring us peace when we go through tough times that may not be from our own choices?
2. Now turn and read Matthew 6:25-30. What does Jesus identify as sources of worry in these verses? (v. 25-29) Have you ever been anxious about these things? Share with the group if you can. Do you think He's saying that we *shouldn't* be concerned about them? Why or why not? What point is He making in v. 30?

3. In Jesus' last conversation with his disciples before His death and resurrection He addresses their fear by making them (and us) a promise. Read John 14:27. What does He promise to them? What is different about His peace? And what is He wanting them to avoid? (v. 27b) Have you ever felt a peace that went beyond your ability to understand it? Share with the group if you can.
4. The Bible also lets us know that we can encourage the presence of God's peace in our lives. Read Philippians 4:6-7. What does Paul tell us *not* to do? Instead, how should we handle our worry? What will be the result? (v. 7) How complete is God's peace? And what will it do for us?
5. To finish, read 1 Peter 5:7. What should we do as soon as we start to feel anxious? Why? And what does it mean to you to know that God's desire for you to experience His peace is based on the fact of His love for you?

Take it Further

Talk with God and thank Him that we can depend upon Him to provide us with peace - no matter our circumstances. Then spend time in prayer right now "casting your anxieties on Him"...

Daily Readings

Day 1: Psalm 4:8

Day 2: Isaiah 26:3

Day 3: Matthew 11:28-30

Day 4: Isaiah 32:17

Day 5: Psalm 55:22

Day 6: 2 Thessalonians 3:16

Memory Verse: 1 Peter 5:7



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