



## Session 4: Pursuing Peace

### Discussion opener...

- Have you had any opportunities to demonstrate any of the fruit of the Spirit on your frontline in the last week?
- Where do you go, or what do you do to find 'peace'?

### How important is the Bible in the process of becoming like Jesus?

Watch video: [https://youtu.be/SxwFZgWu\\_As](https://youtu.be/SxwFZgWu_As) (Up to 5:24)

- Which comments most spoke to you? Why?
- Nicky Gumbel talked about simply asking 'Lord speak to me?' whenever he reads the Bible and Mark Greene describes how the Bible stories can 'trigger our imagination' and help us relate faith to everyday life. Do you relate to these? How else do you find reading the Bible helps you become more like Jesus?

### Pursuing PEACE

Watch video: [https://youtu.be/SxwFZgWu\\_As](https://youtu.be/SxwFZgWu_As) (From 5:30 - end)

#### 1) Knowing the PEACE of God

Read **Philippians 4:6-7**

- What do you find helpful and what do you find challenging about these verses?
- What do these verses suggest we need to do when we are feeling anxious?
- What do you think it means by saying that the peace of God will 'guard our hearts and minds'?
- What else do you find helpful to do to seek God's peace when you are struggling with anxiety?

#### 1) Living at PEACE with others

Read **Romans 12:9-21**

v18 says 'If it is possible, as far as it depends on you, live at **peace** with everyone'

- Think of a real life situation where you are struggling to live at peace with someone. In pairs, share your situation with someone else.
- Particularly looking at the rest of these verses (v9-21) what are we specifically called to do to 'live in peace' with others? What does that look like in reality? (You might like to write all the ideas out on post-it notes or on a big sheet of paper).

- Now get back in pairs and think of the particular situation that you shared just now. Stop and pray, and listen to God. Which of these things do you sense God calling you to do, to put this into practice in your situation to be a 'peace maker'? Discuss and share with each other.
- Now, pray for each other to have the strength to do live these things out.

## Response – resting in God's peace

- Take a moment to reflect and think of one area in your life where you need to know God's peace.
- You might like to have a cross with you and get each person to write that situation down on a piece of paper (or hold a stone to represent that issue). Then after a few moments invite people to lay their paper or stone down at the foot of the cross – symbolically handing their anxieties over to God in prayer.
- Then play a song (e.g. Peace (Bethel) - <https://youtu.be/uW6xcmqfiY4> or My Peace I give unto you - <https://youtu.be/NVXAGqItPnM> ) and allow people to just rest in God's presence and receive his peace.
- Say the prayer of John Stott together – and then commit to saying it every day this week, praying specifically that God would fill you with his Peace.

**Heavenly Father**, I pray that this day I may live in your presence and please you more and more.

**Lord Jesus**, I pray that this day I may take up my cross and follow you

**Holy Spirit**, I pray that this day you will fill me with yourself and cause your fruit to ripen in my life: love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control.

Amen.