

Below is a synopsis of what we studied on Wednesday evening. May your heart be encouraged on in cooperating with the Holy Spirit's work of producing both peace and patience (see other study) in your life.

1. What are some of the ways people seek peace today?

Meditation, yoga, social media, TV, books, exercise, avoidance of people or situations that create conflict, medicine, self-help programs or books

2. Look at the Worksheet on peace and read through the **Definition**. God promises that to His children! Read the Scriptures for **Source #1** to see who is named as the source or author of this type of peace. Then read the verses for **Source #2** and see who is the One tasked with being the peacemaker between a holy God and unholy humans. This One is then able to impart peace for every day life. Notice each of the categories (right side) to which He brings peace. If Jesus Christ is your peacemaker with a holy God (your unholiness is completely covered by the sacrifice of Jesus' peacemaking sacrifice), then you are able to enjoy peace in all of life.

3. On the worksheet, notice the heading **2 Spheres** and read John 14:27 and 16:33. In 14:27 Jesus tells us that He gives His peace (see the definition). In 16:33 He speaks of the 2 spheres of living: *in the world* and *in Me*. These can be pictured by drawing a large circle entitled "world" with a smaller circle inside entitled "Jesus." Note what the world gives: trials, stress, frustration, most often results of very real life situations. But, in Jesus there is peace. Look back at the definition and see all that this peace includes.

4. How do we obtain and keep this peace? Read the verses from **Phil 4** that have been printed out on the worksheet, especially focusing on verse 6-7. 1) **Pray** – turn your anxieties into specific requests, not just a rehearsal of worries. 2) **Praise** – notice the phrase *with thanksgiving*. Praise is an expression of faith/confidence in the Lord. Praise does not ignore the realities of difficulties, but faces them with the reality of who our Lord is and all He can do. The result of these two steps will be **Peace** – see verse 7. By taking these two steps, we are walking in line with the Spirit (see Rom 8:6) which produces life and peace. This good section in Phil 4 ends with *And the God of peace Himself will be with you*.

5. *Now may the Lord of peace himself give you peace at all times in every way. The Lord be with you all.* (2 Thess 3:16, ESV)