

Let Not Your Heart Be Troubled

Week of 4/26/2020

Takeaway: Peace is God's means to guard your heart and mind.

Opening Question: How do you experience peace?

Opening Thought: Becoming a Christian does not mean that you will all of a sudden be free from trouble. The Bible tells us that we will face trials, have trouble, and experience suffering in this world. Thankfully, through Jesus, we belong to the Kingdom of Heaven when we accept Him as our Lord and Savior. While we may not be free from trouble in this life, we do have access to a peace that transcends all understanding, that will guard our hearts and minds, and which is a gift to those who believe. This week, we'll take a look at how Jesus has overcome the world and how we can have perfect peace through him.

Text: *Read John 14:27; 16:33 and Philippians 4:6-7.* What stood out to you from the passages?

Questions:

1. In these passages, peace is referred to as a gift and as a guard. What do you think of when you hear the word "peace"?

2. What is the difference between worldly peace and heavenly peace?





3. How have you experienced the peace of Christ in your life?

4. How does having a heart of thanksgiving lead to peace?

5. Look at Ephesians 2:14-17; Romans 14:19; and Colossians 3:15-17. From these passages, how does peace play into community relations?





Application Question: Start a gratitude journal. Every day, write down at least one thing you're thankful for and meditate on that throughout your day.

