

BELIEVE SERIES Lesson 22

PEACE

VIDEO TEACHING NOTES

Key Question: Where do I find _____ to battle anxiety and fear?

Key Idea: I am free from _____ because I have found peace with God, peace with others and peace with myself.

Key Verse: "Do not be anxious about anything, but in every situation, by prayer and petition, with _____, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus." (Philippians 4:6-7)

(Key Application) Come to _____ in your relationship with God.

(Key Application) As much as it is up to you, live at peace with all _____.

(Key Application) Learn to live at peace with _____.

GROUP DISCUSSION

As a group, discuss your thoughts and feelings about the following declarations. Which statements are easy to declare with certainty? Which are more challenging and why?

- I know God has forgiven me because of what Jesus has done.
- I am not angry with God, myself, or others.
- I forgive people who deeply hurt me.
- I have an inner peace from God.

Choose 2-3 questions that will lead to best discussion about the Key Idea

1. Although true peace is accessible to all who call Jesus Christ Lord, many continue to live with fear and anxiety. Why do you think this is the case?
2. What are some biblical ways to overcome fear and anxiety? What have you found to be most successful?
3. Who is your life maintains a state of peace even in the most troubling situations? What part does faith play in his or her ability to remain at peace?
4. What thoughts or behaviors feed feelings of fear and anxiety? What boundaries can be set to avoid these pitfalls?

Read Matthew 6:25-34 and Philippians 4:4-9 and choose 1-2 questions to discuss.

1. Is it possible to give thanks to God in every situation, including the hard times? If so, how?
2. What role does prayer play in combating anxiety? Can you think of an example from your life or someone else's?
3. The apostle Paul writes that the peace of God guards our hearts and minds against anxiety. In what ways have you found this statement to be true?

OTHER PASSAGES

Isaiah 9:6-7; 53:1-12

Romans 5:1-11; 12:17-21; 14:1-15:13

2 Cor. 5:11-6:2

Ephesians 2:1-22

Genesis 13:1-18

Matt. 5:21-26; 6:25-34

Col. 3:1-17

1 Timothy 2:1-8

Titus 3:1-11

2 Sam. 15:1-16, 23, 30

Psalms 3:1-8

Mark 4:35-41

John 14:15-27

Philippians 4:4-9

CLOSING PRAYER

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PERSONAL QUESTIONS FOR NEXT WEEK

Read Believe, Chapter 24: Self-Control and/or read the following passages

Proverbs 16:32; 17:27; 25:28; 29:11

Titus 1:4-9; 2:1-15

Judges 16:1-21

1 Corinthians. 6:12-20; 7:1-9; 10:14-22

Genesis 39:1-23

1 Timothy 6:3-16

2 Timothy 2:22-3:7

James 3:1-4:10

1 Peter 5:8-11

2 Peter 1:3-11

Galatians 5:16-25

Then, answer the following questions:

1. Note every time the word “self-control” is found in Titus 2:1-15. Why do you think self-control is a key virtue required for church leaders?
2. What does the company we keep have to do with our ability to be self-controlled?
3. Why are our tongues so difficult to control?
4. After you read the passage from 2 Peter 1:3-11 and Galatians 5:16-25, describe in your own words how “God-control” works to bring about “self-control” in our lives.
5. In what areas of your life do you struggle with self-control? How do these readings challenge you? How does the knowledge of God’s grace comfort you?

Key Verse: “For the grace of God has appeared that offers salvation to all people. It teaches us to say ‘No’ to ungodliness and worldly passions, and to live self-controlled, upright and godly lives in this present age, while we wait for the blessed hope – the appearing of the glory of our great God and Savior, Jesus Christ.” (Titus 2:11-13)

Key Idea: I have the power through Christ to control myself.

Personal Application

1. How would this virtue express itself in your life?
2. What visible attributes can be found in someone who is self-controlled?
3. What is impeding your ability to display self-control? How can you overcome this obstacle?
4. What action step can you take this week to increase your ability to flee from and resist ungodly situations?