



Peace – Week 1 DISCUSSION GUIDE

Overview

We all know Christmas can be a crazy time of year. Whether it's shopping, a demanding schedule, or tension at family gatherings, this season can sometimes feel anything but peaceful. Thankfully, we can look to Jesus to find the promise of peace within the Christmas story. There are more than 400 references to peace within Scripture and some amazing promises we can cling to this holiday season.

John 14:27: "Peace I leave with you, My peace I give to you; not as the world gives do I give to you. Let not your heart be troubled, neither let it be afraid."

Discussion Questions

Three Realities of Peace

1. Peace is possible.

Peace is a reality for the believer. Our relationship with Jesus brings peace into our lives. Paul writes in **2 Thessalonians 3:16** **"Now may the Lord of peace Himself give you peace always in every way. The Lord be with you all."** Peace is not attainable on our own. The Greek word for peace in this passage means "to bind together". Our joining with Christ through the Holy Spirit brings peace into our lives.

- We can look to the stories of Jesus in Scripture to know that peace is possible. How does God's promise of peace affect how you live your daily life?

2. Peace is practical.

Although peace comes from God, we have to choose it! We have a choice to fix our minds on thoughts that produce peace. **Isaiah 26:3** tells us, **“You will keep in perfect peace those whose minds are steadfast because they trust in you.”** Sometimes we feel we know better than the Lord how our lives should go, and that can lead us down a path of frustration and stress. But when we feel the prompting of the Holy Spirit to surrender to Him, we can have our peace restored!

- What are some practical things you can do in a moment of stress to choose peace?

3. Peace is powerful.

The Israelites faced an intense battle during their exodus from Egypt. **Exodus 14:14** says, **“The Lord will fight for you, and you shall hold your peace.”** Part of choosing peace is resting in the reality that God is fighting our battles for us. Anxiety can come from feeling like we have to figure everything out, when God only intends for us to rest in Him. When we spend time with the Lord, we remind ourselves that He has everything under control.

- What are some scriptures you meditate on to remind yourself that God is fighting your battles?

Life Challenge

Find Scriptures that relate to the battles you're facing this week and write them down in a place where you can read them everyday.

Prayer

Lord, we thank You for providing us with peace that the world could never give us. We ask that You fill us with Your peace and help us to fix our minds on You each day this week. Amen.
Pray for the specific needs for the group.