

IT'S
3:16

A 7-WEEK STUDY GUIDE

7

**Give
Me A
Little
Peace**

Each session will begin with an opportunity to help you connect with and get to know one another.

Finish the following sentence: "The world would be a better place if everyone would..."

Play the "Session Seven: Give Me A Little Peace" video lesson.

What stood out to you from the video?

In the following section, you will explore Bible passages and take part in discussion to apply insights from this session. If time is a concern, please choose just a few questions to discuss in your group.

Read 2 Thessalonians 3:16 & Philippians 4:2-9

1. How do the words of 2 Thessalonians 3:16 change the way we think about God? How do they change the way we think about ourselves? How do they change the way we live and act in the world?



**Now may
the Lord
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and in ev-
ery way.
The Lord
be with all
of you.**

**2 THESSALONIANS
3:16**

2. In the video session, Pastor Jeff warned us against settling for “second-hand peace.” What are some potentially harmful ways by which we might try to bring peace to our minds and hearts? Why does true peace only come from the Lord?

3. According to Philippians 4:2-9, what are some healthy ways we can seek peace in the midst of difficulty? What are some ways we can promote thoughts that lead to peace in our minds?

4. Share a time when the Lord brought peace to a situation of conflict or difficulty in your life. How did the Lord give you peace in a way that you normally couldn't have found on your own? How do you personally find peace and well-being from the Lord?

5. After going through this series, what do you think will be the main change you're going to pursue in your journey following Christ? How are you going to take one step this week toward making that change a reality? How will your group members hold you accountable for making that change?

Read James 3:1-18

6. According to these verses, how can the words we speak bring strife and conflict to our relationships and even to our own minds? Why must we gain control over our speech in order to find peace from the Lord?

7. In James 3:18, we see that those who make peace in the world will raise a "harvest of righteousness." What does this verse teach us about what it means to live a righteous life? Why is it impossible to lead a righteous life while causing conflict and strife for others?

For over a thousand years, Christians have used the Scriptures to practice a simple form of meditation called lectio divina. In Latin, the practice means “divine reading,” and millions of believers throughout history have found wisdom and comfort from this ancient practice. Each week during this series, we will guide you through a version of this meditation practice that you can use either in a group or on your own.

Begin this time by closing your eyes and spending a few moments in silence, focusing on nothing but the sound of your breath. When you find a moment of stillness, begin by inviting the Holy Spirit to guide your time of meditation.

1

Read the words of 2 Thessalonians 3:16, “Now may the Lord of peace himself give you peace at all times and in every way. The Lord be with all of you.” Read those words several times over a few minutes, paying attention to every small detail. Focus on anything that stands out.

2

Imagine that the Holy Spirit is speaking the words of this verse directly to you. Pay attention to how you feel as the Spirit speaks to you. Notice the thoughts that pass through your mind. Spend a few minutes meditating upon what the Spirit is saying to you.

3

Shift from a time of meditation to a time of prayer. Use the next few minutes to share with God what you think and feel about the word He spoke to you. Bring up any questions you might have for Him. Ask Him to lead you to understand and experience His truth.

4

In order to end this prayer meditation, simply sit in silence for a few minutes and listen to what the Spirit says to you. Notice what the Lord is teaching you through His word. When your time of silence is complete, thank the Lord for guiding you into His wisdom and love.

During each week for this series, we will provide a simple prompt and an opportunity to write and journal your thoughts. As we pursue a good life of following God, we will find a great benefit from putting our thoughts into words and thinking through how we can put our words into action. Do not overthink anything you write or try to find a “perfect” answer. Simply write what comes to mind.

Please spend at least 15 minutes writing about the question below:

What is a painful memory from your past that you think about often? What steps could you take to release the pain of the past and move toward finding peace?

This is a place where you can write each other's prayer requests and make notes when God answers prayer. Pray for each other's requests out loud together as a group. If you're new to group prayer, you may pray silently.

Prayer Requests

Praise Reports