

P

Peace



Getting Started

What gives you peace of mind?
Have you ever felt peace during a difficult time?

Are there times when you feel you don't have peace?

We usually believe that being safe and secure gives us peace. But some people facing danger or sickness have peace anyway. And some people who are very safe and secure do not have peace. So what is the secret? If safety and security do not guarantee peace of mind, what does?

Improving Your Vocabulary

secure (adj) - safe; well protected

disciple (n) - a student and follower of someone

fierce (adj) - dangerous, violent

sink (v) - to go down under the surface of water

calm (adj) - quiet and peaceful

firm (adj) - strong and unshakeable; hard

human nature (n phr) - our natural desires and behavior

Reading God's Word

Matthew 8:23-27

23 Jesus got into a boat, and his disciples went with him. **24** Suddenly a fierce storm hit the lake, and the boat was in danger of sinking. But Jesus was asleep. **25** The disciples went to him and woke him up. "Save us, Lord!" they said. "We are about to die!" **26** "Why are you so frightened?" Jesus answered. "What little faith you have!" Then he got up and ordered the winds and the waves to stop, and there was a great calm. **27** Everyone was amazed. "What kind of man is this?" they said. "Even the winds and the waves obey him!"

Isaiah 26:3

3 You, Lord, give perfect peace to those who keep their purpose firm and put their trust in you.

John 14:27

27 "Peace is what I leave with you; it is my own peace that I give you. I do not give it as the world does. Do not be worried and upset; do not be afraid.

Romans 8:5, 6

5 Those who live as their human nature tells them to, have their minds controlled by what human nature wants. Those who live as the Spirit tells them to, have their minds controlled by what the Spirit wants. **6** To be controlled by human nature results in death; to be controlled by the Spirit results in life and peace.

Galatians 5:22, 23

22 But the Spirit produces love, joy, peace, patience, kindness, goodness, faithfulness, **23** humility, and self-control. There is no law against such things as these.

Philippians 4:6, 7

6 Don't worry about anything, but in all your prayers ask God for what you need, always asking him with a thankful heart. **7** And God's peace, which is far beyond human understanding, will keep your hearts and minds safe in union with Christ Jesus.

For further study, see Psalm 46:8-11; Psalm 119:165; Proverbs 16:7 and Romans 15:13.

Taking a Closer Look

1. Why were the disciples afraid? Why did they wake Jesus up? (Matthew 8:24-25)

2. What did Jesus say to them? (Matthew 8:26) Why was he disappointed in them?

3. How did Jesus calm the storm? How did the disciples feel then? (Matthew 8:26-27)

4. Who does the Lord give perfect peace to? (Isaiah 26:3) What should our purpose be? How can we keep it firm?

5. Jesus does not give peace, “as the world does.” (John 14:27) What are some ways the world tries to find peace? How can Jesus give us peace?

6. What does it mean to “live by the Spirit?” (Romans 8:5-6) What will be the result?

7. Why shouldn't we worry about anything? (Philippians 4:6)

Taking Action

1. Do you believe trusting in God can give you peace? If you are going through a difficult time, ask him to give you his peace, “which is far beyond human understanding.”

2. Jesus tells us that we should be “peacemakers”. How can we be peacemakers with our friends, family, co-workers, etc?
3. The Bible tells us that living by the Spirit “results in life and peace.” What are some ways we can try to live “by the spirit” instead of by our human nature?

Memory Verse: Psalm 29:11

The Lord gives strength to his people and blesses them with peace.

Review the Vocabulary

Fill in the blanks with the correct vocabulary words.

1. My mother worries about not having enough money. She doesn't feel very _____.
2. Don't put too many people on the boat, or it will _____.
3. The bed was too _____. I couldn't sleep.
4. I wouldn't try to pet that dog. He looks _____.
5. Are you a _____ of Jesus?



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