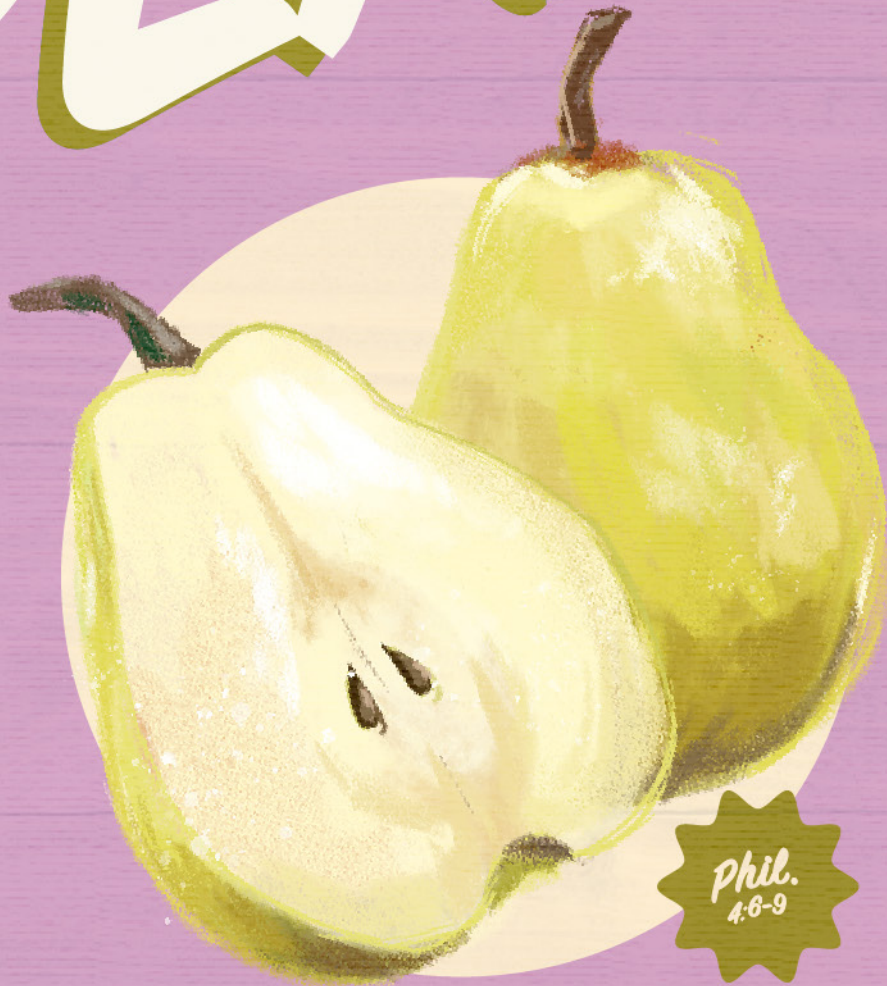


PEACE



Phil.
4-8-9

WEEK 3

Peace is a sense of wholeness and completeness that we experience as we spend time in the presence of God. We are able to rest in knowing that our Good Father is in control of all things.

Personal Reflection: Are you easily frazzled by life's trials or do you easily experience "the peace that surpasses all understanding" (Philippians 4:6-7)?

SCRIPTURE ✨

"Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things. Whatever you have learned or received or heard from me, or seen in me—put it into practice. And the God of peace will be with you."



ASK ✨

- What do you learn about God and peace in this passage?
- Where do you see Jesus demonstrating this fruit of the Spirit?
- What do you see or learn about yourself?
- What changes (thoughts, beliefs or actions) might God be calling you to make?

NOTES ✨

CULTIVATE

Jesus spoke in Matthew 13 of different types of soil. God wants us to till the soil of our hearts so that we would be receptive to the seed of his Word and bear fruit. Before digging into Scripture, prepare your heart by asking the Holy Spirit to help your heart receive and respond to His Word.

PLANT

Read the Scripture passage. Feel free to mark up the passage, highlighting key words or phrases.

MEDITATE & MEMORIZE:
Choose a key verse that the Holy Spirit reveals to you and record it below. Commit to memorizing it and spend time this week meditating on it.

GROW

Ask the Holy Spirit to show you the quality of peace in your life. Consider recent examples. Where did you feel like the Spirit was helping you live this out, rather than times when you allowed your natural, sinful nature to take over?

Matthew 3:8 says, "Produce fruit in keeping with repentance." Is God showing you any areas where pruning is necessary so that you can bear more fruit?

NURTURE*

- Developing a Lifestyle: This week, be intentional in talking to God about everything, including specific areas in your life where you are lacking peace. Be intentional to bring your concerns to the Lord all day long. Confess your worries and anxious thoughts. Ask Him for wisdom and peace. Praise Him for His help. Record your story below, noting any changes that you noticed in your peace levels throughout the week.
- Meditate on Philippians 4:6-9. Ask God to install a 4:6-9 alarm in your heart that will alert you every time you entertain a thought that doesn't match this verse. When you find yourself stuck in a situation you can't change, ask God to help you focus on what is true and to find good even in your difficult circumstances.

HARVEST*

We find various stories in the Bible illustrating these virtues at work in people's lives. Most importantly, these virtues were perfectly displayed in Jesus' life. Your personal story is also important, and it's a testimony to those around you. Reflect back on the quality of peace in your life and note any changes that the Holy Spirit revealed to you throughout the week. Was anything convicting? Did you make any changes or take any action steps in obedience to the Spirit? How will you be different as a result?

PERSONAL*

**ANSWERED
PRAYERS***

GROUP*

I'M THANKFUL FOR*

SERMON NOTES*