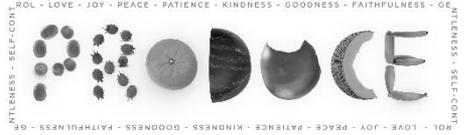


DISCUSSIONNOTES

6.2.19



Jamie opened with describing how Americans try to make their own peace, but it doesn't work. Read **Isaiah 59:8** then God's promise in **Galatians 5:22**. "The hope for peace is not a government institute but a right relationship with God, our Creator. It's a clear message in the creation account in Genesis." Have you ever tried to make your own peace but felt maybe even more empty then before? Explain.

Jamie takes us through the beginning of Genesis showing how at peace Adam and Eve were before the chaos sin brings. They were at peace with each other, God, their environment. What happens when we do things our own way, instead of practicing and looking for God's will? Read **Isaiah 48:18**. Jamie said, "The Bible says, "You will have peace of mind when you live obediently. But when you disobey, you will have stress." Discuss scenarios where you have seen this played out. What are three ways you could share with someone to have more peace from God that you have found works for you?

Read **1 Peter 5:7** and **Matthew 11:28-29**. "Even when surrounded by pressure situations, we can have peace because we're tuned into the soothing words of Jesus." Did you ever think of the reason someone may not have peace? That actual peace Jesus talks about? "Jesus can give you an internal peace in the middle of trouble, if you'll let Him." Go around the room and list five reasons someone may not have peace, or even not want it.

Find a piece of paper and write down something that has been troubling you and disturbing your peace. Put them all in a pile in the middle of the table. "Could it be you have your focus on the problem when you need to focus on Jesus?" Read **Philippians 4:6-7**. Now take 5 minutes writing this verse out on a piece of paper. Circle or underline all of the verbs telling us what to do. Once finished, share with the group the things you do and don't do in this verse. Discuss the last two sentences in this verse. Have you experienced this? Why or why not? Do you believe it to happen?

If you could choose which fruit you have the most of the three, we've discussed, love, joy and peace, which would you choose and why? If you didn't choose peace, explain why not. What is one thing you could work on to have peace? Close by reading **2 Corinthians 5:17** while tearing up your troubled papers and end in prayer. ☺