



PREPARING OUR HEARTS



WEEK 2



Teaching Notes - Session 2

Isaiah 9:6 / Luke 2:10-14

1. Peace _____ God

Rom 3:23

Rom 6:23

Eph 2:13-14

Rom 5:1

Matt 1:22-23

2. Peace _____ God

John 14:27

Gal 5:22-23

John 16:33

How do we hold onto the peace of God?

1. We _____ in God's _____

Isaiah 26:3

2. Practice consistent _____ & _____

Phil 4:6-7

3. Resist the _____ of the _____

4. Stay _____ to God

3. We are called to be _____

Col 3:15 / Rom 12:18 / Prov 12:20

Peace

Turn on the news any given day, and you quickly see glimpses of a world in desperate need of peace. The fighting and division seems to be exploding all around us, and it would be easy to believe that peace is simply unattainable. Yet, when Jesus came into the world as a baby, He arrived as the Prince of Peace coming to bring peace to the earth. (Luke 2:13-4) The peace that He came to bring wasn't simply solutions to our difficult circumstances, but an inner quiet in our souls in the midst of the storm.

We see numerous references to God and Jesus being our source of peace throughout the New Testament. Read the following Scriptures and record what they say about peace:

John 14:25-27

John 16:31-33

Philippians 4:4-7

Colossians 3:15

Hebrews 13:20-21

We often think of peace as the absence of trouble and conflict, yet in John 16:33 we read *"I have told you these things, so that in me you may have peace. In this world you will have trouble. But take heart! I have overcome the world."* Jesus promises that there is peace to be found in Him, yet also reminds us that we will have trouble. How can these two things coexist? Read Romans 15:33 and II Thessalonians 3:16 and record the common phrase repeated in both verses.

When we stand confidently on the truth that God is always with us, we can experience peace no matter what we face. **Peace is found in His presence!** Can you think of a time in your life when you experienced Jesus as the Prince of Peace? What did that look like?

Is there a specific area/circumstance in your life right now where you need to experience God's peace? Explain.

Read Isaiah 26:3. What does this verse tell you about peace?

How do we practically keep our minds dependent on God? What does that look like for you?

Are there specific areas in your life right now where you need to trust God with the outcome? List them below and spend some time praying that God will help you to depend completely on Him so that you can experience the perfect peace described in Isaiah 26:3.

Peace is not just something that we receive from God, but also something we are to practice in our relationships. Read Matthew 5:9 and record who is referenced in this passage.

How can you be a peacemaker this week? Be specific! (See also Romans 12:18-21, Romans 14:19, Mark 9:50, II Cor. 13:11)

Make It Practical!

How do we practically instill peace into our Christmas season? Below are some ideas of things you can do to turn your heart and mind toward the theme of peace during the second week of Advent.

1. Make a list of ways that you can be a peacemaker this holiday season. (Matthew 5:9) Pray and ask the Lord to give you the wisdom and grace to reflect His peace to your family and friends.
2. Look over the verses from your homework, or find some additional verses on peace that speak to you. Write out the references below, and then make those verses the focus of your prayer times this week.
3. What things are weighing you down and threatening your peace this holiday season? List them below (both big things and small things), and then bring them to God in prayer. Ask Him to fill you with His peace. (Philippians 4:6-7)
4. One of the best ways to activate peace is to practice thankfulness. (Colossians 3:15) No matter what storm is raging in your life, there is always something to be thankful for. Take time this week to list the things you are thankful for and spend some time thanking God for His presence and activity in your life. If you have children, have them make thankful lists as well! Share your lists together one evening at dinner.

Other ideas: