

Study Guide  
Rest in Peace (Week 4 – 05/19/2024)  
Pastor Bobby Davis

**Key Verse for This Series:**

*Come to me all you who are weary and burdened and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls.*

Matthew 11:28-29 (NIV)

**Key Verse for This Week:**

*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.*

Philippians 4:8 (NIV)

**Read Philippians 4:6-7.**

**When the storms of life come, do you find it easier to worry or pray?**

**What does God instruct us to worry about? What does He want us to pray about?**

According to experts, stress and anxiety have reached epidemic levels in the U.S.

**Read 1 Peter 5:7.**

**Are you allowing Jesus to be Lord (or manager) of your life, or are you still trying to control things that are beyond your ability to control?**

God is offering for us to enter into His rest/peace “today.” The question becomes, then: “How can we increase peace in this society of anxiety?”

The Bible offers us four explanations of how to make sure we don’t miss God’s peace on earth:

1. The Person of Peace
2. The Promise of Peace
3. The Power of Peace
4. The Protocol of Peace
  - a. Praying
  - b. Pondering
  - c. People

## **THE PROTOCOL OF PEACE – PONDERING**

Praying one prayer (“Jesus forgive me and save me”) will bring peace with God (Romans 10:9). Praying continually will bring the peace of God (Philippians 4:6-7). Pondering invites the God of peace into our hearts (Philippians 4:8-9).

**Read Philippians 4:6-9; Romans 8:6; Isaiah 26:3.**

**What do you fix your mind on?**

**How much time do you spend each day on social media or watching the news?**

**How much time do you spend each day reading and meditating on the Bible?**

## **PEACE KILLERS VS. PEACE FILLERS**

Wrong Doctrine vs. Right Doctrine – for example, “Faith”.

1. Faith is a 2-sided coin.
2. Wrong doctrine = “If we have faith, we will be blessed.”
3. Right doctrine = “God allows struggles and stress so we can become our best.”
  - a. **Read Hebrews 11:30-39; John 14:25-27; 1 Peter 4:12-13; James 1:2-4.**
  - b. **Have you felt like you were under pressure lately?**
  - c. **Why might God want to pressurize the church?**

**Read 2 Corinthians 1:8 and 2 Corinthians 12:7-10.**

**What kind of pressure (how severe?) did Paul experience during his life?**

**Read Romans 5:3.**

**How did Paul react to the pressures that he experienced?**

**Do you (truly) believe that pressure has a purpose? Does your reaction to pressure show it?**

As this world continues to spiral downward, the pressure will increase – it is vitally important that we allow God to pressurize us so that as the world goes down, our faith will remain sound.

## **THE PROTOCOL OF PEACE – PEOPLE**

Right People vs. Wrong People – people can be peace killers or peace fillers, too.

1. We don’t attack anyone, but we also don’t attach to everyone.
2. **Do you spend more time with people who talk about what God is doing, or do you spend more time with people who talk about what the world is doing?**
3. Proverbs 22:24-25 (MSG)
  - a. *Don’t hang out with angry people; don’t keep company with hotheads. Bad temper is contagious— don’t get infected.*
  - b. **What steps can you take to ensure you do not get infected with stress?**