

Study Guide  
Rest in Peace (Week 2)  
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 Message:**

*Now when they had left the multitude, they took Him along in the boat as He was. And other little boats were also with Him. And a great windstorm arose and the waves beat into the boat, so that it was already filling. But He was in the stern, asleep on a pillow. And they awoke Him and said to Him, "Teacher, do You not care that we are perishing?"*

Mark 4:36-38 (NKJV)

**What kind of storms have you experienced in your lifetime?**

**Did you rest in God's peace like Jesus in Mark 4:36-38, or stressed like the disciples?**

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

**Read Isaiah 9:6.**

**Read Luke 2:11-14.**

**Are you waiting until you get to heaven before you will live in God's peace?**

**Are you waiting for the storms of life to calm before you will live in God's peace?**

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

## THE PROMISE OF PEACE

John 16:33 (NLT)

*“I have told you all this so that you may have peace in me. Here on earth you will have many trials and sorrows. (Many problems) But take heart, because I have overcome the world.”*

**Does your internal peace hinge upon the state of external circumstances?**

**What does Jesus promise His followers in John 16:33?**

Psalms 85:8 (NIV)

*I will listen to what God the Lord says; he promises peace to his people, his faithful servants— but let them not turn to folly.*

Peace does not mean the absence of problems/storms – God’s promise of peace for His people is that we will have rest **IN** the stress.

## THE POWER OF PEACE

John 14:27 (NKJV)

*Peace I leave with you, my peace I give to you; not as the world gives do I give to you. Let not your heart be troubled, neither let it be afraid.*

**What is the difference between God’s peace and the world’s “peace”?**

**Read 2 Thessalonians 3:16.**

**Read Mark 4:36-39.**

**What is the power of peace according to these two passages?**

The definition of peace is, “inner tranquility or inner calmness.” The peace Jesus had (and left/gives to us) gave Him an inner tranquility – nothing from the outside could override the inside.

**Read Mark 4:37-40.**

**Read Hebrews 2:14-15.**

**Studies show that the #1 fear in the world is death – What does God’s peace do to that fear?**

Romans 8:16-17 (NLT)

*For his Holy Spirit speaks to us deep in our hearts and tells us that we are God's children. And since we are his children, we will share his treasures for everything God gives to his Son, Christ, is ours, too.*

**Read 1 Corinthians 3:21-32.**

**Read Philippians 4:7.**

**Are you accessing what you are already possessing through Jesus?**

**We have access to the same peace as Jesus. Ask God to flood your heart with His peace.**