

Study Guide
Rest in Peace (Week 3 – 05/12/2024)
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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:

Don't worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done. Then you will experience God's peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus.

Philippians 4:6-7 (NLT)

Read Mark 4:36-38.

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 did you stress like the disciples?

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

Read John 14:27.

Read 2 Thessalonians 3:16.

Do you live with the peace of God inside you, or are you waiting for what is outside you to calm down before you rest 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
 - a. Praying
 - b. Pondering
 - c. People

THE PROTOCOL OF PEACE – PRAYER

The first protocol of peace is prayer – to *erase* worry from our lives, we must *replace* it with prayer.

Read Philippians 4:6-7.

What are we supposed to worry about?

What are we supposed to pray about?

What happens when we replace worry with prayer?

We often confuse peace *with* God with the peace *of* God, but there is a huge difference.

Read Romans 5:1 and Romans 10:8-10.

What does it mean to have peace *with* God?

How do we receive peace *with* God?

Read 1 Thessalonians 5:16-18 and Philippians 4:6-7.

How do we receive the peace *of* God?

What happens when we receive the peace *of* God?

It is important to replace worry with prayer, because worry is sin – it attacks God’s integrity by proclaiming that we believe God does not care about us.

Read Mark 4:36-38, Matthew 6:26, and 1 Peter 5:7.

How much does God care for you?

How can understanding this truth help you to replace worry with prayer?

Matthew 18:3 (NIV)

And he said: “Truly I tell you, unless you change and become like little children, you will never enter the kingdom of heaven.”

Responsibility means responding to our ability – The Bible does not instruct us to be *careless*, but it does instruct us to *care less*.

Consider the following prayer used at A.A. meetings:

God grant me the serenity to accept the things I cannot change. The courage to change the things I can. And the wisdom to know the difference.

If we want to erase worry, we must replace it with prayer.

If we want to be responsible, we must respond to what is in our ability to control.