

# Bible Study Guide: The True Light – Finding Peace in Jesus

*(Advent Series – Week 2: Peace)*

 Source Transcript:

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## Big Idea

**True peace is not found in the world—it is found only in a daily, abiding relationship with Jesus Christ.**

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## Theme

**Jesus is the Prince of Peace, and His peace is different from anything the world can offer.**

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## Introduction: The Search for Peace

During the Advent season, we often feel the **opposite of peace**—stress, pressure, busyness, and emotional overload. The world offers temporary substitutes for peace—success, comfort, possessions—but they **never last**.

### **Key Insight:**

The world imitates peace—but only Jesus provides lasting peace.

- The world’s peace = temporary, fragile, external
- Christ’s peace = eternal, steady, internal

Jesus calls us not to wait for a “new year” to change—but to **step into His peace now**.

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## Main Scripture

**John 14:27**

“Peace I leave with you; My peace I give to you. I do not give to you as the world gives. Do not let your hearts be troubled, and do not be afraid.”

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# Main Point 1: Peace Comes from Jesus—Not the World

## Explanation

Jesus clearly separates **His peace** from **the world’s peace**.

The world offers peace through:

- Comfort
- Entertainment
- Success
- Relationships
- Possessions

But these are:

- Temporary
- Conditional
- Easily lost

**Jesus offers something deeper:**

- Peace that remains in chaos
- Peace not dependent on circumstances
- Peace rooted in truth and eternity

## Biblical Context

Jesus spoke these words to disciples who were:

- Confused
- Afraid
- Facing uncertainty

Yet He promised peace—not by changing circumstances, but by **giving Himself**.

## Supporting Scriptures

- Isaiah 26:3
- Colossians 3:15

### **Application**

- Where am I currently looking for peace?
- What “temporary fixes” am I depending on?

### **Sticky Quote:**

“Temporary things can never produce eternal peace.”

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## **Main Point 2: Peace is Found in Relationship with Christ**

### **Explanation**

Peace is not found in:

- Occasional church attendance
- Sporadic prayer
- Surface-level faith

Peace is found in a **real, daily relationship with Jesus**.

“Peace can only be found in a relationship with Christ.”

### **Biblical Examples**

- **Daniel** in the lion’s den (Daniel 6)
- **Jesus** in Gethsemane (Luke 22:39–44)
- **Stephen** during martyrdom (Acts 7:54–60)

Each had peace in extreme circumstances because of **deep connection with God**.

### **Application**

- Do I treat Jesus as my first response—or last resort?
- When trouble comes, do I run to Him or something else?

### **Sticky Quote:**

“Peace is not found in escaping problems—but in walking with Christ through them.”

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# Main Point 3: Peace Comes from Abiding in Christ

## Key Scripture: John 15:4–5

“Remain in Me, and I in you... apart from Me you can do nothing.”

## Explanation

There is a difference between:

- Jesus being present with us
- Us being connected (abiding) in Him

## Abiding means:

- Staying connected daily
- Living in dependence
- Walking in obedience

When we abide:

- We bear fruit
- We experience peace
- We live in alignment with God

## Biblical Illustration

### Mary and Martha (Luke 10:38–42):

- Martha = busy, anxious, distracted
- Mary = sitting at Jesus' feet

Jesus affirmed Mary because she chose **presence over productivity**.

## Application

- What is distracting me from abiding in Christ?
- Am I more like Martha or Mary right now?

## Sticky Quote:

“Peace follows when we stay connected to Christ.”

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# Main Point 4: Peace Comes Through Surrender and Obedience

## Explanation

True peace is experienced when we:

- Stop competing
- Stop controlling
- Stop striving for position

And instead:

- Surrender control to Christ
- Walk in obedience
- Focus on His will, not comparison

“It’s not about who finishes first—it’s about being obedient to Christ.”

## Biblical Principle

- Matthew 16:25
- Philippians 2:3–4

When we:

- Humble ourselves
- Put others first
- Release control

**Peace replaces pressure.**

## Application

- Where am I striving instead of surrendering?
- What would obedience look like today?

## Sticky Quote:

“Surrender produces peace; control produces stress.”

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# Main Point 5: Peace Comes Through Identity in Christ

## Key Scripture: John 1:12

“To all who received Him... He gave the right to become children of God.”

## Explanation

There is deep peace in:

- Belonging
- Being adopted
- Having identity

The world creates anxiety by asking:

- “Who am I?”
- “Do I matter?”

Jesus answers:

- You are a child of God
- You are chosen
- You are loved

## Illustration

Like a foster child finding a home:

- Stability replaces fear
- Love replaces rejection
- Identity replaces confusion

## Biblical Example

**Thief on the cross (Luke 23:39–43):**

- Found peace in his final moments
- Not through works—but through belief

## Application

- Have I truly received Christ as Lord?

- Am I living from identity—or trying to earn it?

**Sticky Quote:**

“Peace begins when you know whose you are.”

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## Discussion Questions

1. Where do you most often try to find peace outside of Christ?
  2. What does “abiding in Christ” look like practically in your daily life?
  3. Are you living more like Mary (present) or Martha (busy and anxious)?
  4. What area of your life do you need to surrender to God?
  5. How does your identity in Christ change the way you handle stress?
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## Practical Application Steps

### 1. Daily Connection

- Spend time in Scripture and prayer daily
- Start your day with Christ, not the world

### 2. Replace False Peace

- Identify distractions (social media, stress habits, etc.)
- Replace them with time in God’s presence

### 3. Practice Surrender

- Give one specific worry to God each day
- Pray: “Lord, Your will—not mine”

### 4. Live as a Peace Bearer

- Bring peace into conversations
  - Reflect Christ in stressful situations
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## Closing Prayer

Father,  
Thank You for being the true source of peace.  
Help us to stop chasing what the world offers  
and instead abide fully in You.

Teach us to surrender,  
to walk in obedience,  
and to live from our identity as Your children.

Let Your peace rule in our hearts  
so that we may carry it into the world.

In Jesus' name, Amen.

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## **Final Takeaway**

**Peace is not something you find—it is someone you follow.**