

## He Promises—4 Finding Peace

- Jesus willed His mother to John. (John 19:26-27)
- Jesus willed His spirit to His Father. (Luke 23:46)
- Jesus willed His peace to you. (John 14:27)

*“Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid.”* John 14:27 NIV

*In that day, everyone in the land of Judah will sing this song: Our city is strong! We are surrounded by the walls of God’s salvation. <sup>2</sup>Open the gates to all who are righteous; allow the faithful to enter.*

*<sup>3</sup>You will keep in perfect peace all who trust in you, all whose thoughts are fixed on you!* Isaiah 26:1-3 NLT

***shalom*: wholeness, completeness, fullness of peace**

*You will keep in perfect peace ... all whose thoughts are fixed on [God]!* Isaiah 26:3 NLT

**The battle for peace begins in our minds.**

***samak*: to lean on completely, to fully rest oneself**

**What consumes your mind controls your life.**

*... Fix your thoughts on what is true, and honorable, and right, and pure, and lovely, and admirable. Think about things that are excellent and worthy of praise. <sup>9</sup>... Then the God of peace will be with you.* Philippians 4:8-9 NLT

**True peace is found in the presence of God.**

*Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. <sup>7</sup>And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.* Philippians 4:6-7 NIV

### TALK IT OVER

Read **Philippians 4:6-7**. How do you normally respond to anxious thoughts? How can the practice of gratitude change our thoughts?

Share about a time when you experienced the peace of God. What was that like, and what did you learn about His peace?

Are you currently experiencing a worry or anxious thought? Talk about it and spend time praying together.

Start the *Where Is God When Life Is Hard?* Bible Plan using Plans With Friends: [www.go2.lc/promise](http://www.go2.lc/promise)