

2022



# THANKFUL FOR PEACE

FROM "THANKFUL" SERIES

SMALL GROUP STUDY GUIDE

Peace is a powerful gift freely given by God to guard your heart and mind. It is a promise, which also protects and helps you through your process. Anything or anybody that is disturbing or disrupting your peace is not from God. I'm thankful for...peace.

## PEACE IS A PROMISE

*Psalm 29:11 - The LORD gives strength to his people; the LORD blesses his people with peace.*

- Peace is not something you work for or earn, but a gift from God.

## PEACE IS A PROTECTOR

*Phillipians 4:7 - And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.*

- You have to protect your peace. Learn to put the stress down and pick up the gift of peace.

## PEACE IS FOR YOUR PROCESS

*Galatians 5:22-23 - But the fruit of the spirit is love, joy, **peace**, forbearance, kindness, goodness, faithfulness, gentleness, and self-control. Against such things there is no law.*

- God knows you will need peace for the decisions you will have to make and the places you will go.

*Jesus calming the storm is one of the miracles of Jesus reported in the Synoptic Gospels - Matthew 8:23-27, **Mark 4:35-41**, and Luke 8:22-25.*

*Mark 4:35 - On the same day, when evening had come, He said to his disciples, "Let us go over to the other side."*

- Your Kingdom assignment is to make it to the other side! You can't let anyone or anything stop you.
- Your destination has been predetermined, but you must be determined to reach your destination.

*What detours has the enemy taken you on to stop you from getting to your destination? Do you know and understand the destiny God has for you?*

*Mark 4:36 - 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.***

- Your boat is an indicator for where you are going. Check your "ships."
  - Relationship
  - Friendship
  - Mentorship

- Worship
- Fellowship

- You can trust God is guiding your ship, even when He's quiet.

*Are you in the right ship/boat? How do you know? How are the "ships" in your life?*

## **STORMS ARE EVENT(S) OR A SERIES OF EVENTS IN OUR LIVES THAT GOD USES TO TEACH US NECESSARY LESSONS FOR OUR LIVES.**

*Mark 4:37 ESV - And a great windstorm arose, and the waves were breaking into the boat, so that the boat was already filling.*

- Your progress makes the enemy nervous. It's not *will* you go through, it's *how* you go through the storm.
- Storms don't come to last, they come to pass.
- God knows how to handle the storm. He is the storm handler.

*What storms have you recently been in or currently in? Do you remember what God told you before the storm?*

## **JESUS TEACHES US HOW TO HANDLE A STORM**

### **1. GO TO SLEEP**

*Mark 4:38a - But He was in the stern, asleep on a pillow.*

- Remember what God told you before the storm.
- Learn to rest in your revelation. God will reveal your *rest* in your *rest*.
- You can do more rested than when you are restless. Come into the rest of God.

*Research reveals the power of sleep to restore mental health. - Psychology Today*

*Psalm 4:8 - In peace I will lie down and sleep, for you alone, Lord, make me dwell in safety.*

*Mark 4:38b - ...And they awoke Him and said to Him, "Teacher, do You not care that we are perishing?"*

- Either you're going to pray your problems or pray your promises.

*What is your reaction when storms arise? Do you know how to rest when you are in the midst of a storm?*

## YOUR PEACE WILL BE PROTECTED OR DISRUPTED BASED ON WHO YOU SPEND YOUR TIME WITH.

### 2. STAND UP

Mark 4:39- ***Then He arose*** and rebuked the wind,

- The change you want is on the other side of the decision you need to make.
- You have to confront the storm/situation/problem head on to have peace.
- Peacemaking requires confrontation. Have the conversation.

*Are there areas of your life you have been avoiding to confront? How will you stand up in this situation?*

## WHAT YOU WON'T CONFRONT, WILL NOT CHANGE. YOUR PEACE WILL COST CONFRONTATION.

### 3. SPEAK UP

Mark 4:39b - ...and said to the sea, "***Peace, be still!***" And the wind ceased and there was a great calm.

- Jesus also said, "Be still." The Greek word is *pefimoso* meaning to muzzle, silence, and cause to be speechless.
- Jesus takes away the storms' ability to "speak" and rage.
- You need to deal with the spirit behind the person/situation, then deal with the person.
- Your storm is waiting for you to speak. The enemy will try to make you silent or make the wrong confession.

Mark 4:40 - But He said to them, "***Why are you so fearful? How is it that you have no faith?***"

- You will outlast this storm.

*What difficult situation is waiting for you to speak to it? How long have you been agonizing over it? What will it take for you to speak up?*

## JESUS TOLD THE SEA TO "SHUT UP" SO THAT IT WOULDN'T SWALLOW THE SHIP.

*Philippians 4:7 - And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.*

**WHEN PEOPLE TRY TO MAKE THEIR PROBLEMS YOUR PROBLEMS  
POINT THEM TO THEIR FAITH.**

**DECLARATION OF PEACE**

*I speak to the raging waters of my life, "Peace be still!"*

*I say to my mind, "Peace be still!"*

*I say to my emotions, "Peace be still!"*

*I say to my body, "Peace be still!"*

*I say to my home, "Peace be still!"*

*I say to my family, "Peace be still!"*

**PRAYER**

*Father, I am so grateful for Your gift of peace. Your peace calms me, soothes me and brings me into oneness with You. In Your peace I find answers, strategies and solutions. Your peace allows me to hear Your voice and to rest in You. Because of You, I have peace in my mind, my spirit, my family, and my life. There is nothing like Your peace and I give You all the thanks for blessing me with peace. In Jesus name, Amen!*