



## Healing our Hearts

### Life groups Notes

#Peace Heals the Heart

Matthew 5:9

Rev. Jon Strand March 2020

1. Reflect:
  - a. Do you remember the times when you felt at peace with yourself, family and friends?
  - b. Is there a special place where you feel peaceful?
  - c. Try to think of a person in your life who was peaceful.
2. Read Psalm 122:6.
  - a. Why is this important?
  - b. What do you think of the human attempts to bring peace?

Peace starts in the heart. Let's look at biblical peace.

### **GOD'S PEACE PLAN**

1. Read Genesis 1:31.
  - a. Was it peaceful in the beginning?
  - b. What broke the peace?
2. Read Romans 8:7. Reflect: What's wrong with humanity?
3. Read Revelation 21:1-4. Reflect:
  - a. How is this God's peace plan?
  - b. Do you look forward to God's peaceful kingdom?
4. Read/recite the Lord's Prayer together.

### **THE PRINCE OF PEACE**

1. Read Isaiah 9:6, Ephesians 2:14-18. Reflect: What kinds of peace does Jesus bring?
2. Thought:
  - a. After the second World War peace treaties were signed and the world was rebuilt.

b. Peace starts in the heart. We need peace with God through Jesus to build our life in Christ.

3. Read Nehemiah 8:10. With peace as our foundation, we can experience joy.

### **THE CHILDREN OF PEACE** (Matthew 5:9)

1. Read Colossians 3:15 and discuss: How do we let the peace of Christ rule?

2. Peace is a heart condition. Romans 5:1

3. Peace is an activity. Matthew 5:44, Romans 14:19.

4. If we are at peace with God we can be God's peacemakers. Discuss.

5. Are you a peacemaker?

6. Pray for each other, for the church.