

STUDY GUIDE

“Missing Peace: Is Peace Even Possible?”

Based on Isaiah 26:1–4

SECTION 1 — Opening

Icebreakers

1. What is one small thing this week that stole your peace?
2. When you hear the word “peace,” what picture or feeling comes to mind?
3. Finish the sentence: “I’ll feel more at peace when _____.”

SECTION 2 — Read the Scripture

Isaiah 26:1–4

“You will keep in perfect peace

those whose minds are steadfast,

because they trust in you.

Trust in the Lord forever,

for the Lord, the Lord himself, is the Rock eternal.”

SECTION 3 — Message Summary

1. We all want peace—but often pursue control instead.
2. Peace isn’t a reward for perfect circumstances; it’s a byproduct of trust.
3. “Shalom, shalom” means whole, complete peace that God promises.
4. Peace begins where control ends.

SECTION 4 — Discussion Questions

A. The Struggle for Peace

- Where do you feel tension between wanting peace and wanting control?
- How does modern noise impact your inner world?
- How does our world’s anxiety compare to Isaiah’s?

B. Understanding the Promise

- What does “Rock eternal” mean to you?
- How is biblical peace different from cultural peace?
- What does it mean to have a steadfast mind?

C. Trust vs. Control

- What are you trying to control that’s costing you peace?
- What makes trusting God hard?
- Where have you seen God bring peace when you let go?

D. Practical Steps

- Redirect your mind → Re-anchor your trust → Repeat daily.
- Which step is hardest for you?

SECTION 5 — Spiritual Practices for the Week

1. Peace Audit
2. Scriptural Re-Anchoring (Isaiah 26:3–4)
3. Release Prayer
4. 10-Minute Peace Walk

SECTION 6 — Leader Notes

- Expect vulnerability.
- Guide discussion from circumstances → trust.
- Allow silence.
- Close with prayer.

SECTION 7 — Closing Prayer

“God, You are the Rock eternal. We confess that we often chase control instead of peace.

Redirect our minds. Re-anchor our trust. Keep us in Your perfect peace. Amen.”