

3:16
"Peace"
March 13, 2016

"Now may the Lord of peace himself give you his peace at all times and in every situation. The Lord be with you all."
2 Thessalonians 3:16 (NLT)

(Jesus calms the storm)

"When evening had come, He said to them, "Let us cross over to the other side." 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. And a great windstorm arose, and the waves beat into the boat, so that it was already filling. But He was in the stern, asleep on a pillow. And they awoke Him and said to Him, "Teacher, do You not care that we are perishing?" Then He arose and rebuked the wind, and said to the sea, "Peace, be still!" And the wind ceased and there was a great calm. But He said to them, "Why are you so fearful? How is it that you have no faith?" And they feared exceedingly, and said to one another, "Who can this be, that even the wind and the sea obey Him!"
Mark 4:35-41 (NKJV)

Keys to Peace of Mind:

1. Get Jesus in your boat: Accept God's salvation

(vs. 36: "...they took Him along in the boat")

"Since we have been justified through faith, we have peace with God through our Lord Jesus Christ."
Romans 5:1 (NIV)

2. Stop rocking the boat: Obey God's principles

(vs. 41: "...even the wind and the sea obey Him!")

You'll never experience real peace and calm
until you learn to obey the Lord like the wind and the waves.

"I will keep on obeying your instructions forever and ever. I will walk in freedom, for I have devoted myself to your commandments."
Psalm 119:44-45 (NLT)

"If you look carefully into the perfect law that sets you free, and if you do what it says and don't forget what you heard, then God will bless you for doing it." James 1:25 (NLT)

The more I obey God, the more peace I have!

3. Understand WHO is in your boat: Recognize God's presence

(vs. 41: "they feared exceedingly, and said to one another, "Who can this be?")

"God is our refuge and strength, an ever-present help in trouble... The Lord Almighty is with us... He says, "Be still, and know that I am God."
Psalm 46:1-10 (NIV)

"the Lord of peace himself (will) give you his peace at all times and in every situation. The Lord (will) be with you all."
2 Thessalonians 3:16 (NLT)

Leadership Tip!

Summer is around the corner. Now is a great time to start discussing options for SERVE and PLAY activities that your group can do. Getting on your groups calendar now will help increase participation.

3:16 - PEACE**STARTER QUESTIONS:**

What do you think is the most widely know verse in the Bible?

“For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life.” John 3:16 (NIV)

What is your favorite verse in the Bible”? Why?

MAIN IDEA:

Scripture in the Bible often becomes personal to us. Maybe it is because they provide us peace, or comfort in time of need. They may even represent an influence that changed our lives completely. They may represent a rock for us when we were suffering and looking for hope.

Describe a time when scripture impacted your life?

How has scripture changed your spiritual walk with God?

The Bible contains scripture that covers any topic you can think of. It provides guidance and a reference on our spiritual walk with our Lord.

Hank used the story, in Mark chapter 4 when Jesus calmed the storm, as an illustration on how we need to keep Jesus along with us in our boat.

Key Scripture:

“When evening had come, He said to them, “Let us cross over to the other side.” 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. And a great windstorm arose, and the waves beat into the boat, so that it was already filling. But He was in the stern, asleep on a pillow. And they awoke Him and said to Him, “Teacher, do You not care that we are perishing?” Then He arose and rebuked the wind, and said to the sea, “Peace, be still!” And the wind ceased and there was a great calm. But He said to them, “Why are you so fearful? How is it that you have no faith?” And they feared exceedingly, and said to one another, “Who can this be, that even the wind and the sea obey Him!”
Mark 4:35-41 (NKJV)

What are some things that stick out to you in these verses?

God wants to provide peace for us in our storms. By grace he sent Jesus to die for our sins. He loves us and will take care of us if we keep our faith in Him. There are several keys to the peace of mind that comes with having Jesus in our boats.

Keys to a Peace of Mind: (using the analogy of our life as a boat)

1. **Get Jesus in your boat.** Pastor Hank referred to this as our accepting God's salvation, You have all seen the BUMPER STICKERS - "Jesus take the wheel" or "God is my co-pilot"
2. **Stop rocking the boat.** Often we create our own storms by not obeying God. We often overlook the fact that we put ourselves in positions of need by not living a Christ-like life that God wants to.

"I will keep on obeying your instructions forever and ever. I will walk in freedom, for I have devoted myself to your commandments." **Psalm 119:44-45 (NLT)**

"If you look carefully into the perfect law that sets you free, and if you do what it says and don't forget what you heard, then God will bless you for doing it." **James 1:25 (NLT)**

3. **Understand who is in your boat.** Make sure we keep God in our boat as we grow spiritually.

"God is our refuge and strength, an ever-present help in trouble... The Lord Almighty is with us... He says, "Be still, and know that I am God." Psalm 46:1-10 (NIV)

Is there an issue in your life that you can allow God to be your strength?

Where do you feel like you are walking the closest with God in your life?

FINAL THOUGHTS:

What is one area that you think God is trying to get in your boat?

As a life group, it is important for us to help each other and encourage each other to let us in their boat as well. Having God in our boat is the most important thing of all, but allowing us to invite each other into our boat (life), as well, will only magnify the peace of mind that we have in our lives.

Who is one person in your life you need to get in your boat?

How can our group pray for you as you walk through this?

"The LORD bless you and keep you; The LORD make his face to shine upon you, and be gracious to you; The LORD lift up his countenance upon you and give you peace." **Numbers 6:24-26 (NKJV)**

CLOSE IN PRAYER

ADDITIONAL SCRIPTURE:

Genesis 3:16

Psalms 46:1-10

Psalms 119:44-45

Romans 5:1

2 Thessalonians 3:16

James 1:25

1 Timothy 3:16

2 Timothy 3:16

1 John 3:16

Revelation 3:16

FAMILY FOCUS

Getting kids to rely on God's word is a habit we need to get them into early. When you are feeling alone. When you need to feel better. When you need encouragement. When you need to make a decision. We need to teach our kids to rely on God to guide us at every move. The best way to get our kids started and hooked on the Bible is to do it as a family. Below are 5 steps to guide you in this process.

Reading The Bible As A Family: 5 Steps To Get Started

- 1. Choose a place in the Bible where you would like to start.** Let's face it, the Old Testament is not an attention grabber. And if it isn't for you, it won't be for your kids. Moral of the story? Start with what you're willing to read. Try starting with a book like Matthew, which quickly gets into the sermon on the mount. Talk about an attention grabber. You're not married to this decision, so don't over-think it. Use your kids as guides. Make it fun and interesting.
- 2. Choose a time of day this is going to happen.** Every family is different. Some won't do it unless it is first thing in the morning before we start our busy lives. Some read during breakfast. Some enjoy snuggling under the covers after a long day. Do what works for your family.
- 3. Read short snippets.** The Bible isn't exactly an easy read, so don't over-do it with children. The point of starting this is certainly not to make your children hate the Bible. Again, let your kids lead it. Some Bible stories will spark conversations. If your kids are bored, move on! Find passages that speak to what is going on in your life right now. Have your kids pick a verse they want to read. Making your kids a part of the decisions will help them own it. It will keep them more interested.
- 4. Use a bookmark.** This is a tip from Captain Obvious, but a tip none the less. This makes it super easy to grab your Bible and pick up exactly where you left off. No fancy Bible reading chart needed, no need to look up passages, and no need to "make it" to the end of the reading- your bookmark will allow you to find your same place tomorrow. If things are going South with your kids, that's enough for today (see tip 3).
- 5. Start today!** That's right. It's only going to happen if you just do it. Don't pencil it in for later. As always with things like this, today never seems like the right day to start, but actually, today is the day.

Avoid Deterrents

For anyone who knows me in real life, my big thing is ridding my life of deterrents. It's unbelievable what a small deterrent can derail you from, and Satan is happy to throw plenty of little deterrents in your way to derail your family from daily Bible time. An example of a deterrent that plagues my life is stuff on top of the washer. I'll think I should start a load of clothes, but if there's clutter on the washer, later seems like a fine time to do it. Deterred. Let's look at some common deterrents that get in the way of Bible reading and de-clutter the pile, shall we?

Common deterrents that can keep you from reading the Bible:

- **Thinking you need some sort of fancy “system” to get started.** Time keeps ticking by while you try to decide exactly how you're going to tackle the Bible. Did you need a check chart? Are you hoping to finish the entire Bible in a certain amount of time? Do you need a “curriculum” that goes with reading the Bible for the kids? Don't let questions like these stand in your way. Just actually start reading the Bible if you want to read the Bible- there's no right or wrong way to do this.
- **Thinking you're unqualified to read the Bible.** The Bible can be a tricky thing to understand, but it's ok if your kids have questions you can't answer. It's good to tell your kids that you need to look things up and get back to them- let them see this process. This will set an example to your kids to go searching for answers. And if there are words and/or names you don't know exactly how to pronounce, do your best and move along. No one is grading you on how well you read the Bible.
- **Overthinking which translation to read, or thinking you need a different Bible.** Sigh. Why oh why do we let all these deterrents take root in our brains? Coastal Kids uses New International Reader's Version (NIRV). New Living Translation (NLT) is also easy to understand. No matter what, don't let this deterrent stop you. Just pick up the Bible you have and read from it.
- **Thinking you're not the kind of family that reads the Bible together.** Trust me, all you have to do to be the kind of family that reads the Bible, is to read the Bible.
- **Thinking hubby has to be involved.** It's great if your husband (or wife) wants to be a part of family Bible time, but don't let it stop you if he doesn't. I grew up with a dad that was completely uninterested in all things religious until I was an adult, and my mom didn't let it deter her. I'm very grateful for that.
- **Spending too much time on your computer.** What are you still doing reading this post? Go grab your Bible and get started!