

## “How to Have Peace in the Midst of Conflict”

John 16:25-33

*For God So Loved the World – John, Part 2*

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As a “peculiar people,” (1 Pet 2:9) we deal with a crazy amount of \_\_\_\_\_ in life. (Jn 16:33b; Mt 6:34b)

- The workplace, social media, family relationships, cultural issues, finances, peer pressure at school, politics...

**Speaking of politics in America as of present...** there is more potential than ever for conflict on a \_\_\_\_\_ scale. *What if the assassination attempt of former Pres Trump was successful? Is America on the precipice of having a civil war?*

**In our main passage...** we’ll learn how Jesus addressed conflict and helped His disciples. His approach today is the same.

### John 16:25-33

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The Cross	The Grave	Raised From the Dead	40 Days of Preparation	Ascended into Heaven	10 Days of Waiting	Outpouring of the Holy Spirit

- **VV 27-28...** Those who love Jesus are able to \_\_\_\_\_ the love of the Father.

*The takeaway: If you love Jesus with all your heart, you can have*

\_\_\_\_\_ *that the Father hears you and will give you what you ask for. Why?*

*1. Because you desire to glorify Him (Isa 43:7; 1 Cor 10:31), and 2. Because what you receive is for your good. (Ro 8:28)*

**Verse 33 was the inspiration behind the title of this message.** Jesus overcame the world by rising from the dead!

- “Then why do we experience conflict in this life?”

*The victory of the resurrection refers to a \_\_\_\_\_ victory over sin, death, and the powers of darkness. Immediate victory over death (the penalty of sin) is a reality (1 Cor 15:55-56a), yet we experience throughout time more and more victory over the power of sin as well as the powers of darkness (the demonic realm).*

**Now that you understand why you experience conflict, let’s close with how to have peace in the midst of conflict.**

**TURN OVER TO LEARN HOW TO HAVE PEACE IN THE MIDST OF CONFLICT... AND THE GOING DEEPER QUESTIONS TOO.**

## How to have peace in the midst of conflict...

1. \_\_\_\_\_ in God's sovereignty (ultimate authority and control). (Psa 103:19; Isa 46:9-10)
  - a. Application: Even in the midst of turmoil, don't forget that He is in control. Celebrate that out loud!
2. Seek God's manifest \_\_\_\_\_. (Phil 4:6-7; Psa 16:11; 23:5-6)
  - a. Application: Stop. Power down all mobile devices. Sit still and cry out to the Lord! Read a chapter in the Bible.
3. Be intentional about having an \_\_\_\_\_ perspective. (2 Cor 4:16-17; Rom 8:18)
  - a. Application: Your morals, values, speech, conduct, overall lifestyle... Your very life should surely show it.

*To go back to the first point of this message, your life should surely show that you  
are a follower of Jesus because of the conflict you endure!*

**"This is great, but can you provide some real-world actionable tips?" Sure. Happy to be of service.**

*Become more immune to anxiety, worry, and fear and experience more of the Lord's peace!!! (Jn 14:27)*

1. **Limit Exposure to News and Social Media.** Constant exposure to news about troubling events can exacerbate anxiety. Consider setting specific times during the day to check news updates and limit overall screen time.
2. **Practice Mindfulness and Grounding Techniques.** Engage in mindfulness exercises or grounding techniques to stay present and calm. Deep breathing, progressive muscle relaxation, or focusing on your senses can help.
3. **Connect with Supportive Relationships.** Maintain connections with friends, family, and/or fellow church members who can provide emotional support. Share your concerns and feelings with trusted individuals.
4. **Engage in Physical Activity.** Physical exercise is a powerful way to reduce anxiety and stress. Engage in any form of exercise that you enjoy. Exercise releases endorphins, which improve mood.
5. **Practice Self-Care and Relaxation.** Take time each day to engage in activities that promote relaxation and self-care. Reading, listening to music, pursuing a passionate hobby, spending time in nature, and many more options.

**Question.** Which of the above five tips will you execute, or improve upon this week? \_\_\_\_\_

**In closing...** Which part of your life will change the most by following through with everything you learned in this message? Be specific in your answer. \_\_\_\_\_

### **GOING DEEPER FOR "HOW TO HAVE PEACE IN THE MIDST OF CONFLICT" – 07/21/24**

Go through this note sheet and discuss with your growth group and/or your family at the dinner table. Seek opportunities to also share this with your friends, relatives, coworkers, neighbors, and/or school mates. Bring this note sheet to your work or school and discuss it with your workmate or schoolmate over lunch. Read the main passage and look up all of the supporting verses on the other side of this note sheet. Pray with one another.