

Peace

Key Question: Where do I find strength to battle anxiety and fear?

Key Idea: I am free from anxiety because I have found peace with God, peace with others and peace with myself.

Key Verse: “Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.”

Philippians 4:6-7

Monday-Saturday

Take a few minutes to watch **Word Study: Shalom – “Peace” by the Bible Project on Youtube**. How does this change your view of peace?

Romans 5:1-11, Ephesians 2:1-22

How does Jesus Christ establish peace between us and God?

1 Thessalonians 2:1-20, Romans 14:1-15:13

Relational Peace with other people is created by having a strong conviction and peace with God, respect for others, with a strong desire and action to build up others. How are you living this out? And who with?

Matthew 6:25-34, Philippians 4:4-9

Having peace with yourself is really having peace with your circumstances. What tools do we have to experience this?

