

LIFE APP

E X P E C T T H E

unexpected

PEACE FOR A TROUBLED HEART

John 14:1 NIV: “Do not let your hearts be troubled. You believe in God; believe also in me.”

John 14:27 NIV: “Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid.”

LIFE GROUP / PERSONAL STUDY:

During this year of 2020, we have all experienced unexpected trouble that has been unprecedented. As believers, we know that the world around us is full of trouble, but many of us have allowed the trouble around us to come into our hearts so that we are now filled with fear and frustration. We find incredible promises in Scripture that we need to write down, pray in, and live out so that we can have peace even when we're in the midst of troubled times in our lives.

1A) PERSONAL: Looking at our focus passages, write down the commands Jesus gave us in John 14:1. Pray about these commands and decide how you're going to implement them in your every day life.

1B) PERSONAL: Now write down the promises and commands He gave us in John 14:27. Again pray and ask God to help you live His promises and commands out every day.

Read 1 John 5:1-5:

2A) How do these verses relate and confirm the importance of praying in and living out the promises and commands we just looked at?

2B) What important truth do we find that confirms this in Hebrews 11:6?

3) Look further in Hebrews 11 and give several examples of people who followed these commands even though there was trouble and uncertainty in their lives.

4) PERSONAL: Not only do we find promises of Peace, but the Presence of Peace can help our troubled hearts too. What encouragement do you find from the following verses?

Psalm 16:11:

Psalm 37:7:

Psalm 140:13:

Read Ephesians 2:14-18:

5A) According to this passage, how do we get peace and what does that peace look like and who is His Peace for?

5B) What do we learn from Colossians 1:19-20?

6) PERSONAL: Because of the Promises of Jesus and the constant Presence of the Holy Spirit in our lives, how do you think this provides a Protection of Peace for us?

7A) How do the following verses convey the idea that peace does not just come naturally on our own without any effort on our part?

Job 22:21-22:

Psalm 34:14:

Colossians 3:15:

1 Peter 3:11:

7B) PERSONAL: What are you going to try to do differently so that you can finish this year and begin the next with "Peace for your troubled heart?"

ACT: Granted the circumstances of 2020 have been filled with trouble, but when we focus on the trouble around us instead of on Jesus our Savior and His Holy Spirit within us, we allow that trouble to take up residence in our hearts. Let's claim the promises of Jesus - that He has and will give us His Peace. Let's seek peace every day and work to maintain it, by concentrating on the Presence and the Power of the Holy Spirit within us. Let's stop allowing fears, doubts, and the news of the day to control our lives. Instead we must Turn to God and Trust in Him, because He has promised us in John 16:33, that we can have Peace in Him. That even though we will have trouble in this world, we can take heart because He has overcome the world and all the trouble that it holds.

Daily Devotional: It always helps to look at the context of the passage. Then try to answer the following questions about the passage. Who is involved? What is going on? Where is the action taking place? When? How can this concept apply to my life? Why is it important? Also look for Commands, Warnings, and Examples to follow or not to follow.

- This week let's explore passages that describe the peace that is available to us through Christ.

Monday:

Psalm 29:11 NIV

The Lord gives strength to his people; the Lord blesses his people with peace

Tuesday:

Psalm 85:8-10 NIV

I will listen to what God the Lord says; he promises peace to his people, his faithful servants—but let them not turn to folly. Surely his salvation is near those who fear him, that his glory may dwell in our land. Love and faithfulness meet together; righteousness and peace kiss each other.

Wednesday:

Psalm 119:165 NIV

Great peace have those who love your law, and nothing can make them stumble.

Thursday:

Proverbs 1:33 NLT

But all who listen to me will live in peace, untroubled by fear of harm.”

Friday:

Isaiah 9:6-7 NLT

For a child is born to us, a son is given to us. The government will rest on his shoulders. And he will be called: Wonderful Counselor, Mighty God, Everlasting Father, Prince of Peace. His government and its peace will never end. He will rule with fairness and justice from the throne of his ancestor David for all eternity. The passionate commitment of the Lord of Heaven's Armies will make this happen!

Saturday:

Isaiah 26:3 NLT

You will keep in perfect peace all who trust in you, all whose thoughts are fixed on you!

Sunday:

Acts 10:36 NLT

This is the message of Good News for the people of Israel—that there is peace with God through Jesus Christ, who is Lord of all.

