



Peace on Earth Peace Within - Week 3

This resource can be used to guide your personal anchoring time throughout the week, a small group discussion, or even a one-on-one conversation.

READ

Begin by reading Philippians 4:4-9.

- As you read, underline or highlight the things Scripture tells us to dwell and focus upon.
- What does a perfectly peaceful day look like to you?
- What questions do you have after reading these verses?

REFLECT

Reread Philippians 4:4-9. The presence of God with us produces the peace of God within us. Despite the chaos in the world around us, you can seek out the presence and peace of God by focusing upon His character and encountered God through His word in Scripture.

- When have you felt the presence of God in your life? What did it feel like?
- What does it mean and look like to rejoice in the Lord always?
- How does meditating and focusing upon Scripture and God help relieve anxiety?
- What do you think Paul means by saying “the **peace of God**, which **transcends all understanding**, will **guard** your hearts and your minds in Christ Jesus”?
- What do you think it looks like to love God in these three ways: Emotionally (peace within my heart), Spiritually (peace within my soul), Mentally (peace of mind)?
- What does it look like to pray Scripture? How does praying Scripture help us connect with God?
- How does praying Scripture allow God’s peace to guard our heart, soul, and mind?
- How can you cultivate a life of dwelling diligently on the holy so that you can have peace of mind in hard times?

PRAY

Whether you are with a group or going through these questions in your quiet time, take a moment to practice praying the words of Scripture. Start by reading Psalm 106:1-3. Read it slowly. Now, use this verse to guide your prayer. To get you started...

FOCUS on the love of God that endures for all time.

THANK God for his wonderful deeds and goodness.

CONFESS where you have acted unjustly.

ASK the Holy Spirit to fill you with the peace of God and let you experience the presence of God.

***Keep going this week by reading and praying these scriptures:**

1 Peter 2:5

Colossians 3:12-15

Psalm 119:165

Ephesians 2:17-18

