

Youth Sunday School – Us and Peace: Peace within Ourselves Part 1 – 11/1/20

- Fighter verse
- Prayer
- Briefly discuss New City Catechism and associated verse
 - Question 11: What does God require in the sixth, seventh, and eighth commandments? Sixth, that we do not hurt, or hate, or be hostile to our neighbor, but be patient and peaceful, pursuing even our enemies with love. Seventh, that we abstain from sexual immorality and live purely and faithfully, whether in marriage or in single life, avoiding all impure actions, looks, words, thoughts, or desires, and whatever might lead to them. Eighth, that we do not take without permission that which belongs to someone else, nor withhold any good from someone we might benefit. (Romans 13:9)
 - Question 12: What does God require in the ninth and tenth commandments? Ninth, that we do not lie or deceive, but speak the truth in love. Tenth, that we are content, not envying anyone or resenting what God has given them or us. (James 2:8)
- Review Memory Verse List

Review

- What is peace?
- How does God the Father demonstrate peace?
- How does Jesus demonstrate peace?
- How do we get peace with God?

Peace within Ourselves

1. Peace within ourselves is not possible if we do not have peace with God.

- Galatians 5:22 “But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness...”
 - We must have the Spirit to have inner peace. Who has the Spirit?
- Philippians 4:6-7 “do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.”
 - Who receives God’s peace?
- Ephesians 2:13-14 “But now in Christ Jesus you who once were far off have been brought near by the blood of Christ. For he himself is our peace”
 - We have no peace apart from Jesus. He is our peace.
- How do we explain how some people that don’t know God seem to have inner peace?
 - Isaiah 57:20 “the wicked are like the tossing sea”

2. Even if we have peace with God, there are “disturbers of the peace” in our lives.

- Our peace is disturbed when we become anxious, worried, afraid, angry, envious, etc.
- Things that disturb our peace are often petty, ordinary problems. They rob us of peace because we usually try to deal with these problems on our own, without God. What are some examples of petty problems that disturb our inner peace?
- We not only worry about distressing circumstances in our lives but we also envy and resent other people who appear to get a better deal in life or who mistreat us in some way. Have you ever felt this way?
- Circumstances that rob us of inner peace are times when we are uncertain. What are things we are often uncertain about that rob us of inner peace?

3. Lack of inner peace in our lives is often a result of a lack of trusting God in that area

- In each of these verses, why is there a lack of peace?
 - Mark 4:40 "Why are you so afraid? Have you still no faith?"
 - Mark 5:36 "Do not fear, only believe."
 - Isaiah 35:4 "Say to those who have an anxious heart, "Be strong; fear not! Behold, your God will come with vengeance, with the recompense of God. He will come and save you."
 - Matthew 6:31-32 "Therefore do not be anxious, saying, 'What shall we eat?' or 'What shall we drink?' or 'What shall we wear?' For the Gentiles seek after all these things, and your heavenly Father knows that you need them all."
- In John 16:33, Jesus says "I have said these things to you, that in me you may have peace. In the world you will have tribulation. But take heart; I have overcome the world."
 - What does God promise we will face?
 - Why can we take heart in hard times?
- In uncertain circumstances, we often choose between trusting God to work it out or worrying about what will happen. What does God promise us in each of these verses?
 - Romans 8:28 "And we know that for those who love God all things work together for good, for those who are called according to his purpose."
 - Matthew 10:29-31 "Are not two sparrows sold for a penny? And not one of them will fall to the ground apart from your Father. But even the hairs of your head are all numbered. Fear not, therefore; you are of more value than many sparrows."
 - Isaiah 41:10 "fear not, for I am with you; be not dismayed, for I am your God; I will strengthen you, I will help you, I will uphold you with my righteous right hand."
- In times of uncertainty or some other difficulty, we must trust the God will work all things for our good. When we say "for our good", what do we mean? What do we not mean?
- Prayer Requests

Peace Memory Verses (pick at least 1)

- Romans 12:18 "If possible, so far as it depends on you, live peaceably with all."
- Romans 5:1 "Therefore, since we have been justified by faith, we have peace with God through our Lord Jesus Christ."
- Philippians 4:6-7 "do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus."
- Colossians 3:15 "And let the peace of Christ rule in your hearts, to which indeed you were called in one body."
- Psalm 34:14 "Turn away from evil and do good; seek peace and pursue it."
- Matthew 5:9 ""Blessed are the peacemakers, for they shall be called sons of God."
- Hebrews 12:14 "Strive for peace with everyone, and for the holiness without which no one will see the Lord."

Study Guide

Review

- What is peace? (Definition: Peace is freedom from God's wrath and freedom from turmoil within ourselves and with others.)
- How does God the Father demonstrate peace? (the world he created had perfect peace, he took the initiative in making peace by sending Jesus to take God's wrath in our place, he is going to make perfect peace in heaven forever, he works in our hearts through the Holy Spirit/Bible/Prayer so that we experience more peace in our lives)
- How does Jesus demonstrate peace? (he was a man of perfect peace when he dwelled on earth, he died so that we could have peace with God, He wants us to have peace in our lives)
- How do we get peace with God? (Belief in Jesus as Lord and Savior taking the punishment we deserved)

1. We must have the Spirit to have inner peace. Who has the Spirit? (those who are saved and are at peace with God)

- Who receives God's peace? (those who go to God in prayer "in Christ Jesus", we must be united to Jesus to have inner peace)
- How do we explain how some people that don't know God seem to have inner peace? (they act like they have it even though they don't, we can't see the heart, it will become evident as life continues to pile up on them)

3. - Mark 4:40 "Why are you so afraid? Have you still no faith?" (lack of faith/trust in God taking care of the situation > not talking about salvation here)

- Mark 5:36 "Do not fear, only believe." (lack of belief in God working > again not talking about salvation)
- Isaiah 35:4 "Say to those who have an anxious heart, "Be strong; fear not! Behold, your God will come with vengeance, with the recompense of God. He will come and save you." (lack of trusting that God will work in our situation)
- Matthew 6:31-32 "Therefore do not be anxious, saying, 'What shall we eat?' or 'What shall we drink?' or 'What shall we wear?' For the Gentiles seek after all these things, and your heavenly Father knows that you need them all." (trusting that God will provide what we need)
- What does God promise we will face? (tribulations, troubles)
- Why can we take heart in hard times? (God has overcome the world and wants to give us peace)
- Romans 8:28 "And we know that for those who love God all things work together for good, for those who are called according to his purpose." (God will work it out for our good)
- Matthew 10:29-31 "Are not two sparrows sold for a penny? And not one of them will fall to the ground apart from your Father. But even the hairs of your head are all numbered. Fear not, therefore; you are of more value than many sparrows." (God values us deeply and will watch over us)
- Isaiah 41:10 "fear not, for I am with you; be not dismayed, for I am your God; I will strengthen you, I will help you, I will uphold you with my righteous right hand." (God will give us the strength we need to go through whatever is in store for us)
- In times of uncertainty or some other difficulty, we must trust the God will work all things for our good. When we say "for our good", what do we mean? What do we not mean? (we mean making us more like Christ/using us for the glory of God/working in our character that which is pleasing in his sight, we do not mean giving us more money or health or material prosperity or necessarily what we think would be best)