

Leader's Guide - Youth Sunday School – Us and Peace: Peace within Ourselves Part 2 – 11/8/20

- Fighter verse
- Prayer
- Briefly discuss New City Catechism and associated verse
 - Question 13: Can anyone keep the law of God perfectly? Since the fall, no mere human has been able to keep the law of God perfectly, but consistently breaks it in thought, word, and deed. (Romans 3:10-12)
 - Question 14: Did God create us unable to keep his law? No, but because of the disobedience of our first parents, Adam and Eve, all of creation is fallen; we are all born in sin and guilt, corrupt in our nature and unable to keep God's law. (Romans 5:12)

Review

- 1. Peace within ourselves is not possible if we do not have peace with God.**
- 2. Even if we have peace with God, there are "disturbers of the peace" in our lives.**
- 3. Lack of inner peace in our lives is often a result of a lack of trusting God in that area**

Peace within Ourselves - Pursuing Inner Peace

1. Pursue inner peace by prayer.

- What would God have us do in each of these verses to gain inner peace?
 - 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."
 - Thanksgiving is important because it remembers all the times God has been faithful which helps us to trust Him to come through again.
 - 1 Peter 5:7 "casting all your anxieties on him, because he cares for you"
- Coming to God in prayer promises peace. It does not promise deliverance.
 - What are some possible examples of God not giving what we ask for but still giving peace?
 - We often don't find peace because we won't settle for anything but deliverance from trouble. Sometimes God gives peace in the trouble. Can you think of any examples in the Bible where God gives peace but doesn't get rid of the trouble?
- God loves persistent prayer. We should not be content with a lack of inner peace but should continue to pray until God gives peace.

2. Pursue inner peace by depending on the Holy Spirit.

- Peace is a fruit of the Spirit. Galatians 5:22 "But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness..."
 - What does "fruit of the Spirit" mean?
 - We must have the Spirit to have inner peace. Who has the Spirit?
- What does it mean to depend on the Holy Spirit?

3. Pursue inner peace by pursuing God's Word.

- We must be firmly grounded in the truth in order to withstand difficult times. Where is this truth found?
 - There are many lies that we might come to believe about our troubles if we do not know what God's Word says.
- For example, when we are in a troubling situation, Satan often slanders God to us and leads us to think "if God really loved me, he would not have allowed this to happen to me or would've given me a way to avoid this problem". This is what we call the "prosperity gospel". Why is this not true?

- Proverbs 3:11-12 “do not despise the Lord's discipline or be weary of his reproof, for the Lord reproves him whom he loves, as a father the son in whom he delights.”
- The word devil means accuser or slanderer. He tries to make us believe lies like the one above. In order to resist the Devil (James 4:7) we must know the TRUTH in God's Word.
 - When Jesus was tempted, how did Jesus defend himself?
 - What are some other lies we might be tempted believe in difficult circumstances?
- Why does inner peace matter?
 - Because God commands it - see point 1 above, Phil. 4:6-7, 1 Peter 5:7
 - Because it makes way for more joy
 - Because it is a witness to others that we can have peace in troubling circumstances
- 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

1. - 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." (pray, ask God for help [supplication], express thanksgiving to God)

- 1 Peter 5:7 "casting all your anxieties on him, because he cares for you" (trust God with handling whatever makes us anxious)

- Can you think of any examples in the Bible where God gives peace but doesn't get rid of the trouble? (2 cor. 12:9-10 - Paul's thorn, Jeremiah imprisoned and going into exile, difficulties in our own lives, the disciples preaching against much opposition in Acts)

2. What does "fruit of the Spirit" mean? (that we can't grow it on our own, the Spirit grows it in us, we need him to work to grow in peace)

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

- What does it mean to depend on the Holy Spirit? (it means to not think we can do it on our own, we display this dependance through prayer - asking Him to grow us in peace)

3. Where is this truth found? (the Bible)

- Why is this not true? (because God's love is displayed in what Jesus did for us AND keeping us THROUGH difficult times - not by keeping us from trouble, Hebrews 12 and Proverbs 3 say that God disciplines those whom he loves, our troubles are God loving us so that we would become more like him/be a better witness to other sufferers/know him deeper. The prosperity gospel teaches otherwise and is a lie from Satan.)

- When Jesus was tempted, how did Jesus defend himself? (with the truth of God's word, quoting scripture)