



# **Chasing After Peace**

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Session 1:

Definition:

Three aspects of peace and how we get it:

1. Rom 5:1

2. Phil. 4:6-7

3. Phil. 4:8-9; Rom. 16:19-20

What do you think are some of the things that disturb our peace?

Who are some Bible characters who had their peace robbed and how?

What does the Bible say are some 'peace robbers?'

1. Mt. 6:25-34

2. Ps. 37:1-2, 7,12,14,21,32

3. Ps. 42: 1-4,7,9-10

4. Ps 94:19

5. I Sam. 15:10-11

6. Ps. 38:18

7. Eph. 4:29-31

8. Ps. 26:16-19

9. Ps. 38:3-12

Session 2: The Peace robber: fear.

A. What is fear?

B. What are some fears most believers struggle with?

C. What were some causes of fear that people in the Bible experienced and what caused it?

D. How can we deal with fear?

1. Ps 27:1-3

2. Isa. 41:10,13

3. Ps. 56:3-4

4. One approach is to fill our minds with God's promises until fear leaves:

a. Mt. 10:30

b. Heb. 13:5

c. Jn 14:1-13

d. Phil 4:13; 2 Cor. 12:9

e. I Jn 4:4; 5:5

Session 3: The Peace robber: disturbed emotions.

A. List some 'disturbed feelings' we all experience from time to time.

B. What Bible characters do you remember who experienced any of these?

C. What are some of the 'core feelings' common to other feelings? (See handout)

D. What does the Bible say about how to deal with disturbed emotions?

ANGER

1. Eph. 4:26, 31

2. James 1:20

SADNESS

1. 2 Cor. 7:6-7

2. Ps 42:5-6

## TROUBLED

1. Jn 16:33

2. Phil 4:9

## FEELING POWERLESS/FRUSTRATED

1. 2 Chron. 14:11

2. 2 Peter 1:3

## LACK OF JOY/THE SPIRITUAL 'BLAHS'

1. Ps 16:11

2. Ps. 19:8

## FEAR

(see session 2)

Where do you struggle? What can you do to keep the peace-robber from attacking you?

Session 4: The Peace robber: moral conflicts

A. What does this term mean?

B. What does Paul say about this topic? Rom 7:15-25

C. What are some causes for this peace-robbing?

1. Lk 6:46

2. Jere. 16:12

3. Jere. 23:14

4. Deut. 17:8-12

5. Isa. 28: 7-13

D. What can we do to solve this problem?

1. Ps 37:5

2. Prov. 16:3

3. Acts 16:4-5

4. I Peter 3:13-17

5. Ps. 119:128-130

6. Prov. 2: 1-15

### Session 5: Tips for Gaining and Maintaining Peace

1. Ps. 34:14

2. Job 22:21-27

3. Ps. 119:165

4. Isa. 26:3

5. Isa. 48:18

6. Rom. 12:18; 14:19

7. Heb 12:14

8. Rom 8:6

9. Col. 3:15

10. 2 Tim. 2:22