

Do You See

PEACE

| *Where our peace comes from*

READ PHILIPPIANS 4:4-9

INTRODUCTION

Peace is something that can be hard to find. We struggle so often with calming down enough to be able to breathe in our society because of all the turmoil and pain that this world can put us through at times. What begins to happen is something called worry. Worry is the antithesis of peace. When

we worry we take our fears and struggles and we begin to try and “fix” them under our own power. This is not what God wants however. He desires that we would give Him all of our burdens so that He can carry them and trade them for His burden which is light. (Matt. 11:28-30)

When we place our burdens, our cares, on Jesus He is able to carry them for us. When He is carrying our burdens, we experience His peace which makes no earthly sense. Being able to press onward in rejoicing is confusing when we are faced with life’s burdens. Even for Paul to encourage believers to rejoice in the Lord always is confusing because when he wrote those words he was sitting in prison. This is hardly a time to be rejoicing and yet, through placing his worry on the shoulders of Jesus, Paul was able to not only experience personal peace but also able to worship God for the gifts that He had given. Jesus desires us to experience His peace that overcomes all anxieties.

This concept is possible through Jesus Christ. Peace comes from Him, not from ourselves. When we think of the coming of Jesus to live the life of a man, we see example after example of how He brings us peace when we trust in Him and it is due to His sacrifice. He came to save us from the one thing that would separate us from the Father; sin. Separation from God doesn’t come from not working hard enough or not being strong enough. Separation from God comes from sin and Jesus coming to earth to live a perfect life as 100% man and 100% God, to die on a cross and to wash us with His blood was the design God had to restore that relationship. That brings us ultimate peace because there is nothing that can take that love and sacrifice away from me. (Romans 8:38-39)

THE GOSPEL ACCORDING TO LUKE

DISCUSSION QUESTIONS

1. What areas of life do you struggle finding peace in? Why? How can you start to lay those burdens on Jesus' shoulders?
2. Read Matthew 11:28-30. Why should these verses give us peace? How does the peace we experience from Christ differ from the peace we create on our own?
3. What does it mean to have peace that surpasses all understanding? How do we experience that kind of peace?
4. What does the birth of Jesus have to do with peace? How does His life give us the example of living in God's peace?
5. Read Romans 8:38-39. How do these verses encourage us to experience God's peace? What should give us ultimate peace in life?

WRAP UP

Peace can be hard to find. Jesus is the one to help us experience the peace that will ultimately overcome any earthly struggle or worry. We rest in Him to enjoy a peace that looks strange to others. He is our hope and He is our peace.