

Cultivate: Life in the Spirit

Week 1 PEACE

Scriptures

- Galatians 5:16-26
- Isaiah 48:12-22
- John 14:18-31
- Philippians 4:4-9
- Colossians 3:12-17

Sermon Text Questions

- Amidst the emotion of all that had just happened with Jesus and his followers, how might the disciples and those gathered have received Jesus' words and instruction? What wonderings do you think they may have had? What wonderings do you have?
- Jesus connects peace and forgiveness. How have you seen this connection in your own life?
- What are the differences between peacekeeping and peacemaking?
- How are you more of a peacekeeper or peacemaker?
- What examples can you think of within in our own church or culture where Christians have been instrumental in bringing peace (shalom) and reconciliation?
- Peace is listed as a fruit of the Spirit. What might it take for you to cultivate and cooperate with the Spirit to produce more peace in your life?
- In what ways do you need to pursue peace with God, with yourself and with others?

Reflection, Application, Discussion Questions:

- What, if anything, is currently disturbing your peace?
- In life's circumstances that seem to steal your peace, for what can you be thankful?
- Think of the most significant human being in your life, someone you love, trust, and understand (and who understands you). How did you get to know this person so intimately? In what similar ways can you get to know God?
- What relationship is there between knowing who God is and receiving the peace He offers?
- Consider things you are anxious about currently. How can knowing God intimately produce His Spirit's peace in you?
- How might thanking God for His character produce peace?
- If you have wronged someone or have been wronged by someone, what can you do to restore peace? What attitudes do you need to cultivate through prayer?

Cultivate:

- Talk to God about anything you're worried about, casting your anxieties on Him. (1 Peter 5:7) Write out a prayer casting your care on Him. Entrust and commit it to Him. Pray it every day.
- Practice gratitude. Search for, name, and list things you can be thankful for in the circumstances that feel less than peaceful.
- Seek out a person with whom you are not a peace, have a conversation to move toward making peace.
- Practice a marked moment of forgiveness. Forgive someone. Write out what you need to forgive. Read it aloud and say before the Lord, "I forgive _____ for _____ and what my feelings don't allow for the blood Jesus covers." (Forgiveness practice credit to Lysa Terkeurst in her book, *Forgiving What You Can't Forget*)