



# Peace – 7/12/2020

## OVERVIEW

The year 2020 might be described in many ways, but the words peace or peaceful would probably not be used. Covid-19, racial tensions, social distancing, people losing their jobs, natural disasters, and much, much more have been the opposite of peaceful. But despite the worldly chaos that fills our lives, God asks us to turn our focus and attention toward Him. Only then will He give us the peace that surpasses all understanding.

Scriptures (NIV): Philippians 4:6-9; John 14:27

## APPLICATION

- What is something you are currently worrying about that is robbing you of peace?
- Woody says, “You cannot have the peace of God until you are at peace with God.” Explain what that statement means to you.
- God never promised to change our circumstances (though sometimes He will), but He will change us. How have you seen your life changed since coming into a personal relationship with Jesus?
- Look up the lyrics to the old hymn, *Turn Your Eyes Upon Jesus*. Which line stands out to you and why?
- This week how can you be intentional about focusing on Him (turning your eyes toward Him), rather than the chaos or worry in your life?
- HOMEWORK: Woody shared the 4x4x4 method. This week take time to allow your focus to be on Him.
  - a. Inhale for four seconds and breathe in His peace.
  - b. Hold your breath for 4 seconds and receive His peace.
  - c. Exhale for 4 seconds and breathe out your worries, your fears, or anything else that is taking your attention away from Him.

