



LESSON 7 // KEEP THE PEACE

Big Idea: When we allow God to transform our thinking, He gives us peace of heart and mind. But this peace must be maintained or it can easily slip away.

To keep the peace of God in your life, you need to carefully control your mental intake, live in love and pray through your problems. It's also important to “default to trust”—always come back to trusting the Lord no matter what challenge you face. And, in every situation, live responsibly by responding to God's direction and correction along the way.

Philippians 4:6, 7 (TLB) *Don't worry about anything; instead, pray about everything; tell God your needs, and don't forget to thank him for his answers. If you do this, you will experience God's peace, which is far more wonderful than the human mind can understand. His peace will keep your thoughts and your hearts quiet and at rest as you trust in Christ Jesus.*

Start Talking:

How peaceful, or stressful, was the family environment you grew up in? How has that impacted the level of peace in your life?

Start Thinking:

Read Psalm 51:10 and 1 Corinthians 9:25. How do these verses encourage and challenge you to take control of your “mental intake”?

Read Romans 5:1 and 1 John 1:9. Why is it so important to receive God's grace and forgiveness if you are going to live in peace?

Read Philippians 4:6-7. How can praying through your problems help maintain peace in your heart and mind?

Read 2 Corinthians 4:17-18. What difference can the eternal perspective described in these verses make on how you think about and respond to the trials you face? How can this impact the level of peace you have in your life?

Start Praying:

Pray for the courage and wisdom to trust God completely in the face of every challenge, believing that His plan and purpose for you is good and best (Romans 8:28).

Start Doing:

This week, write out a list of things that are worrying you and making you anxious. Then, based on Philippians 4:6-7, turn that “worry list” into a prayer list. Trust God to deal with your concerns as you pray, cast your burdens on Him and receive His peace by faith. Make this a regular part of your walk with the Lord and see how His peace will guard your heart and mind in Christ!