

Finding God's PEACE... in our troubled lives

Spring 2018

*“Rejoice in the Lord always. I will say it again: Rejoice! Let your gentleness be evident to all. The Lord is near. Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the **PEACE of God**, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.*

*Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things. Whatever you have learned or received or heard from me, or seen in me—put it into practice. And the **God of PEACE** will be with you.” - Philippians 4:4-9*

OBJECTIVES: in this ‘workshop’ we will seek to:

- understand and claim God's PEACE in our lives
- learn to live at PEACE with God, ourselves and our fellow man
- practice living a life characterized by the PEACE of God

OUTLINE

Week 1	3/25	Introduction (God) <ul style="list-style-type: none">• <i>What is the ‘PEACE of God’? Why do we seek it? what saps it from us?</i>
Week 2	4/1	The God of PEACE (God) <ul style="list-style-type: none">• <i>Who is Jehovah-shalom? the Prince of PEACE?</i>
Week 3	4/8	PEACE with God (God) <ul style="list-style-type: none">• <i>Why does He offer PEACE? How can we claim it?</i>
Week 4	4/15	PEACE of Heart (self) <ul style="list-style-type: none">• <i>What can I do with this guilt?</i>
Week 5	4/22	PEACE of Mind (self) <ul style="list-style-type: none">• <i>How can I relieve my anxiety (worry)?</i>
Week 6	4/29	PEACE of Soul (self) <ul style="list-style-type: none">• <i>How can I fight against depression?</i>
Week 7	5/6	PEACE at Home (fellowman) <ul style="list-style-type: none">• <i>How can I live at PEACE with my Spouse? Children?</i>
Week 8	5/13	PEACE at Work (fellowman) <ul style="list-style-type: none">• <i>How do I find PEACE in my career/workplace?</i>
Week 9	5/20	PEACE in our Finances (self/fellowman) <ul style="list-style-type: none">• <i>How can I have PEACE when trying to make ends meet?</i>
Week 10	5/27	PEACE during Hard Times (self) <ul style="list-style-type: none">• <i>How to find PEACE even when things look bleak (lonely; illness; loss)?</i>
Week 11	tbd	PEACE in our Community (fellowman) <ul style="list-style-type: none">• <i>How do I live at PEACE with others with whom I do not agree?</i>
Week 12	tbd	PEACE in the Age of Violence (fellowman) <ul style="list-style-type: none">• <i>How can I find PEACE in this age of threats and danger?</i>
Week 13	tbd	Sharing God's PEACE (fellowman) <ul style="list-style-type: none">• <i>How can I share the PEACE God provides with others?</i>

‘2-Dos’ – Each week you will be invited to try two simple, practical ideas for a week (or longer) to help you live a life more aligned with PEACE. Although these ideas are not difficult, they may challenge you to change your behavior – it is only though change you can improve. There will be several options from which to choose each week from physical, emotional, spiritual, and social categories. Please give them a try!

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WEEK 1 - God's PEACE - Introduction

Survey: On a scale of 1 (low) to 10 (high) – How would you describe your:

- overall level of 'peace' in your life today
- ability to maintain your peace in times of stress
- ability to recognize the things that sap your peace
- strategies for living a life characterized by peace

Notes:

'2-Dos' – try two of these ideas this week to see if they can assist you finding PEACE

- Memorize a scripture of God's PEACE for use as a meditation tool. Consider:
Isa 26:3 1 Pet 5:7 Ps 4:8 Rom 5:1 Isa 32:17 Lk 2:14 Isa 41:10 Ps 29:11
- Schedule 20 minutes a day to take a short walk – alone in silence considering God's PEACE
- 'Listen to more music and less advise' – 15 minutes/day of instrumental (without words) music.
- Define 'phone free' time each day (at least 30 minutes – not sleeping time)

Scriptures to Review for Next Week: Week 2 - The God of Peace

- Jehovah-shalom - Judges 6:24; Heb 13:20-21
 - Prince of Peace - Isa 9:6; Isa 53:5; Eph 2:14
 - Others Scriptures: Ps 29:11, 85:8; Isa 26:1-12
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Week 2 - The God of PEACE

Notes:

'2-Dos' – try two of these ideas this week to see if they can assist you finding PEACE

- Memorize another scripture of God's PEACE for use as a meditation tool. Consider:
Isa 26:3 1 Pet 5:7 Ps 4:8 Rom 5:1 Isa 32:17 Lk 2:14 Isa 41:10 Ps 29:11
- Read bible and pray – BEFORE you read anything else each morning (including cell messages)
- Sing two of your favorite hymns/spiritual songs – out loud 2 times each day
- Limit your intake of world/local 'news' to once/day

Scriptures to Review for Next Week: **Week 3 - Peace with God**

- Rom 5;
 - Phil 4:6-7; John 14:27
 - Col 3:15
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WEEK 3 – PEACE with God

Notes:

'2-Dos' – *try two of these ideas this week to see if they can assist you finding PEACE*

- Memorize a scripture of God's PEACE for use as a meditation tool. Consider:
Isa 26:3 1 Pet 5:7 Ps 4:8 Rom 5:1 Isa 32:17 Lk 2:14 Isa 41:10 Ps 29:11
- Spend 20 minutes each day meditating on God's Peace – release yourself to think ONLY of HIM
- Visit an Art museum/Review an Book of Art – "Whatever is lovely... think on these things"
- Find a 'special spot' that you can reserve (use no other time) for meditation, reading, music, prayer

Scriptures to Review for Next Week: Week 4 – PEACE of Heart (guilt)

- Isa 53:25| Jer 33:8
 - Romans 8:1; Heb 9:14
 - 1 John 1:9; Psm 51
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WEEK 4 – PEACE of HEART (what can I do with this guilt?)

Notes:

'2-Dos' – try two of these ideas this week to see if they can assist you finding PEACE

- Memorize a scripture of God's PEACE for use as a meditation tool.(New List) Consider:
Isa 30:15 Acts 3:18-19 Ps 32:1-5 Heb 10:22 Rom 8;1 1 Jn 1:9 Isa 43:25 Heb 12:2
- Practice deep breathing - <https://www.drweil.com/health-wellness/body-mind-spirit/stress-anxiety/breathing-three-exercises/>
- Take a long walk in the woods – listen to the music of God's creation
- Take an entire 'day off' from your phone....

Scriptures to Review for Next Week: **Week 5 – Peace of Mind** (anxiety)

- Isa 41:10; Ps 56:3
 - Rev 1:17; Ps 34:4
 - Prov 29:25; Isa 41:13-14
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WEEK 5 – PEACE of MIND (what can I do with my anxiety?)

Notes:

'2-Dos' – try two of these ideas this week to see if they can assist you finding PEACE

- Memorize a scripture of God's PEACE for use as a meditation tool. Consider:
Isa 30:15 Acts 3:18-19 Ps 32:1-5 Heb 10:22 Rom 8:1 1 Jn 1:9 Isa 43:25 Heb 12:2
- Spend an hour wearing a blindfold OR ear plugs (not together)– to heighten senses to God's creation
- Try to allow things of limited importance to pass without your attention (e.g. allow others to win a debate that really does not matter; allow others to address issues you might normally address)
- Do not answer a phone just because it rings (screen your calls) – they are often urgent but not important

Scriptures to Review for Next Week: Week 6 – Peace of HEART (depression)

- Deut 31:8; Ps 34:17; Rom 8:38-39
 - Ps 30: 1-3; PS 3:3
 - Ps 42:11; 1 Pet 5:6-7
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WEEK 6 – PEACE of HEART (what can I do with my depression?)

Notes:

'2-Dos' – try two of these ideas this week to see if they can assist you finding PEACE

- Memorize a scripture of God's PEACE for use as a meditation tool. Consider:
Isa 30:15 Acts 3:18-19 Ps 32:1-5 Heb 10:22 Rom 8:1 1 Jn 1:9 Isa 43:25 Heb 12:2
- Write a Psalm – describing your live journey and expressing thankfulness to God
- Create a worship service – use your favorite songs (or a song book) to assemble a worship service
- Put a message on your phone that you are 'unavailable until tomorrow' for one day this week

Scriptures to Review for Next Week: Week 7 – Peace at Home (PEACE with spouse/children)

- Ps 128:3; Prov 31:28-30; Prov 31:10;
 - Prov 23:24; Col 3:21; Eph 5:25-33
 - Eph 6:4; Prov 22:6; Ps 127:3-5
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WEEK 7 – PEACE at Home (peace with spouse and children)

Notes:

'2-Dos' – *try two of these ideas this week to see if they can assist you finding PEACE*

- Memorize a scripture of God's PEACE for use as a meditation tool. Consider:
Isa 30:15 Acts 3:18-19 Ps 32:1-5 Heb 10:22 Rom 8:1 1 Jn 1:9 Isa 43:25 Heb 12:2
- Read out loud select Psalms
- Create a worship space – a space you reserve for worship
- Use a 'scripture a day' – app for your phone

Scriptures to Review for Next Week: **Week 8 – Peace at Work**

- 2 Thes 3:10; Prov 28:19; 1 Tim 5:8; Eph 4:28
 - Col 3:23-24; 1 Pet 2:9; Lk 12:22-26; Ps 27:1; Ps 46:10
 - Jn 14:27; Phil 4:6-7; Matt 6:34; Ecc 2:21-22; Matt 20:1-16
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WEEK 8 – PEACE of Work

Notes:

'2-Dos' – try two of these ideas this week to see if they can assist you finding PEACE

- Memorize a scripture of God's PEACE for use as a meditation tool. Consider:
Isa 30:15 Acts 3:18-19 Ps 32:1-5 Heb 10:22 Rom 8;1 1 Jn 1:9 Isa 43:25 Heb 12:2
- Set an alarm to remind you to pray – at least three times a day
- Take a virtual tour of a museum
- Stay off of facebook, Twitter, etc. for one week

Scriptures to Review for Next Week: **Week 9 – Peace In Finances**

- Duet 15:10; 16:17; Prov 11:24-25; 28:27
- Mal 3:10; Matt 6:3-4;
- 2 Chor 9:6-8; Lk 6:30;