

**SCC SMALL GROUP FOR WE'RE BACK FALL SERIES**  
**GETTING OUR PEACE BACK Part 9 of 9**  
**Sunday Message – November 7, 2021**

**Getting Started:**

In the Bible, Peace – Shalom is associated with the presence of God. How does knowing that God is with you give you peace?

Isaiah 54:10 says God's "love will never disappear" and Philippians 4:6-7 says God's peace guards our hearts and minds as we live in Christ Jesus. Have you recently had this kind of peace in a difficult circumstance? If so, what did it show you about God's love for you?

**Searching the Scriptures:**

**I. HOW TO GET OUR PEACE BACK**

- A. **We need to make peace with God** (See Romans 5:1, Colossians 1:20) These verses mention some conditions that need to be met to receive God's peace. How do you understand these in your own words?

**Remember God's gift exceeds our expectations** (See Philippians 4:7, John 14:27) How can praising God, expressing thanks to God, and bringing your requests to God help with worry?

- B. **Get some rest** (See Psalm 127:2) We need physical rest but we also need emotional rest. Look at the six ways that Pastor Scott mentioned for how to get "proper rest". Which of these would you like to focus on at this time?

1. Give ourselves and others a break (James 4:6).
2. Create a simpler routine when and where we can (Ephesians 5:5-16).
3. Schedule daily connection with people we love (I Thessalonians 5:11).
4. Stop watching so much news (Matthew 6:22-23).
5. Share our feelings instead of stuffing them (Galatians 6:2).
6. Acknowledge that we can't control the uncontrollable. We can only control some of life and then we need to trust God for the rest (James 2:22).

- C. **Tell God what we need** (See Philippians 4:6-7, 2 Thessalonians 3:16) What is something you need from God at this time in your life?
- D. **Focus our thoughts on Jesus** (See Isaiah 26:3, John 16:33) What does it mean that Jesus has overcome the world? What are the implications for us as His followers?
- E. **Don't keep our worries** (See 1 Peter 5:7). What is a worry that you can identify and give to God right now?

**Application of the Scriptures:**

- A. What difference does trusting in God's love for you make as you try to persevere through difficult times?
- B. How does the peace of Christ impact your relationship with God? With other people?

For additional encouragement on this topic, check out the six day study plan: "Courageous Peace" in the YouVersion Bible app <https://www.bible.com/reading-plans/19156>