

But the Fruit of the Spirit is: Peace

ON YOUR OWN:

1. Read Philippians 4:1-9
2. On a scale of 1-10, how would you rate the amount of peace you experience in your marriage?
3. What do you think it would take to make your life and your marriage more peace-filled?
4. Spend time praying for your spouse and for peace in your home.

TOGETHER:

1. Read Philippians 4:1-9 together.

2. Who did Paul appeal to in verse 2? Why?

Notice that there were two people in the church who seemed to be having a difficult time getting along with one another. We don't know what they were arguing about or how serious it had become, but it was obvious serious enough for Paul to address it in his letter to the church. Isn't it interesting that a passage of Scripture that is known for talking about the "peace that passes all understanding" found in Christ, begins by talking about a different type of peace – the peace between two people? Why do you think this is the case? Is it possible to experience the peace of Christ when you are not living in peace with other people? Discuss this together.

3. According to verse 6, what are we supposed to make known to God? How do you think making our requests known to God (prayer) leads to a peace-filled life?
4. What do you think it means when it says that the peace of God surpasses all understanding?

Have you ever met someone who is going through an incredibly difficult and stressful situation, yet he is full of peace? He is not anxious or uptight about his situation, even though he would have every right to be worried. It is hard to comprehend how someone like that can be full of peace . . . but when Christ gives us His peace, it is enough! Christ can help us live with peace no matter what is going on in the world around us. This is a peace that the world does not understand. It is a peace that comes only through a relationship with Jesus Christ.

5. Read Matthew 6:25-34. Make a list of the worries that you have as a couple and as a family. Then spend time praying for each one. Give them all over to God and let Him replace your worries with His peace. Spend time praying for these worries every day this week.
6. These songs always helps me when I need to experience peace . . . sing them together and be encouraged!

Monday Marriage Moment: Peace, October 20, 2014, by Cheri Gamble
www.cherilynngamble.wordpress.com

<http://www.youtube.com/watch?v=dbrNFxiHuYg> (Let the Peace of God Reign by Hillsong)

<http://www.youtube.com/watch?v=qOkImV2cJDg> (Whom Shall I Fear by Chris Tomlin)

FOR FURTHER FUN:

1. The Scripture in Matthew 6 talks about how God will take care of your needs . . . we do not need to worry. There are many people in the world who need to hear this, and who may need us to be the hands and feet of God. Find some of those people this week and help take care of their basic needs. Example: Take a homeless person out for lunch, take winter coats to a shelter, go through your stuff and find some items to give away . . . Even if you are wondering how God will take care of your needs, you will experience peace by helping take care of someone else's. Do this as a couple and see what happens!
2. If you are having difficulty getting along in your marriage, find another couple that can help mentor you. Invite them over and discuss how they have dealt with arguments in their marriage. Go on a double date with them and learn all you can from watching their marriage.
3. OR . . . if you are a couple that can mentor a younger couple who is struggling, do that! Find a couple that needs you and take them out on a double date. Show them how to have fun as a married couple. Show them how to learn to live at peace and how to experience a peace-filled life.
4. Make a list of all the ways God has provided for you in your marriage and spend time thanking Him.
5. And, since we can't get through a study on peace without this song, sing "I've Got Peace Like A River" together . . . and do the motions! Have fun!! After all, Philippians tells us to REJOICE!!

<http://www.youtube.com/watch?v=N2R4D6qhaD8>

And one more fun one . . . simply for the "Peace that Passes Understanding" verse:

<http://www.youtube.com/watch?v=Z29h7HUcJus> (Try making your own verses for this one . . . lots of fun and a great way to relieve stress!!)