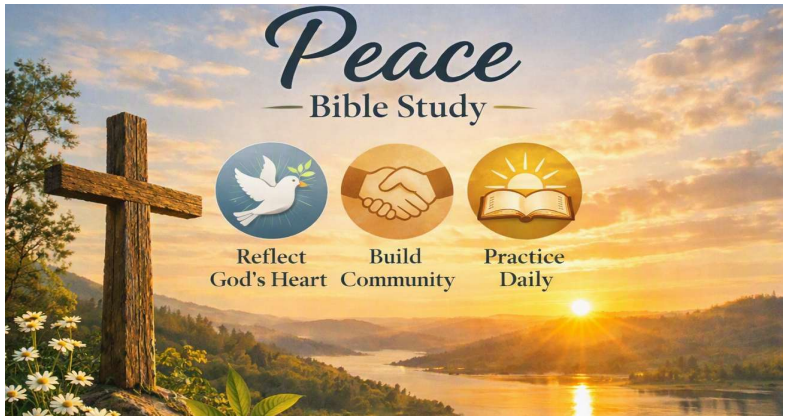


1

John 14:27 (NIV)

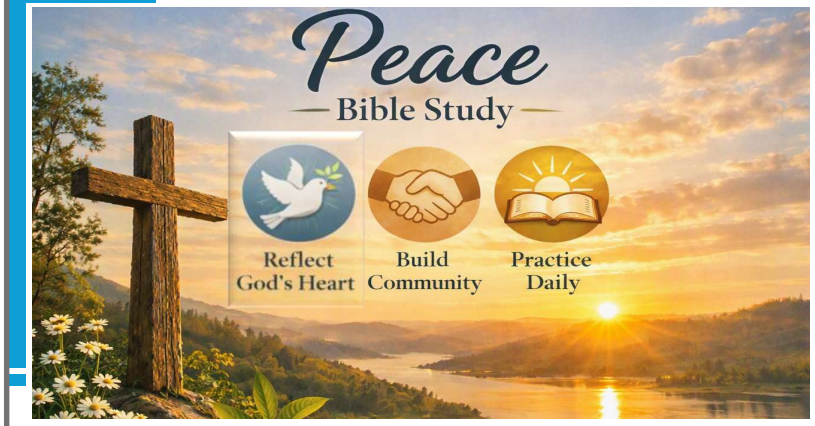
27 Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid.

2

Theme

Peace is God's gift that steadies our hearts, shapes our relationships, and bears witness to His presence in every circumstance.

3



4

Peace Reflects God's Heart

- God keeps us in perfect peace when our minds rest on Him.

3 You will keep in perfect peace those whose minds are steadfast, because they trust in you. (Isaiah 26:3 NIV)

- The Lord blesses His people with peace, even in hardship.

11 The Lord gives strength to his people; the Lord blesses his people with peace. (Psalm 29:11 NIV)

5

Peace Reflects God's Heart

- God's peace guards our hearts & minds beyond understanding.

7 And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus. (Philippians 4:7 NIV)

- Peace with God comes through Jesus' saving work.

1 Therefore, since we have been justified through faith, we have peace with God through our Lord Jesus Christ, (Romans 5:1 NIV)

6

Peace Reflects God's Heart

- We let Jesus' peace rule in our hearts daily.

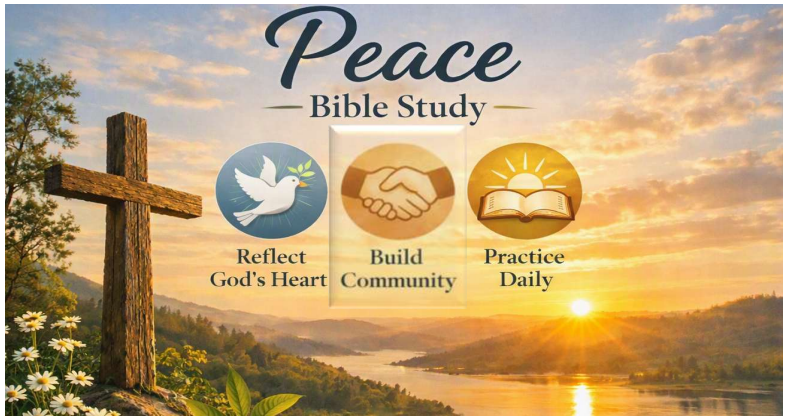
15 Let the peace of Christ rule in your hearts, since as members of one body you were called to peace. And be thankful. (Colossians 3:15 NIV)

7

Discussion Questions

- What does God's peace feel like in daily life?
- How does peace differ from the absence of trouble?
- How can we experience peace despite health challenges?

8



9

Peace Builds Community

- We pursue peace with others as much as possible.

18 If it is possible, as far as it depends on you, live at peace with everyone. (Romans 12:18 NIV)

- Peacemakers reflect God's family likeness.

9 Blessed are the peacemakers, for they will be called children of God. (Matthew 5:9 NIV)

10

Peace Builds Community

- Peace is essential for holy living.

14 Make every effort to live in peace with everyone and to be holy; without holiness no one will see the Lord. (Hebrews 12:14 NIV)

- Gentle words promote peace.

15 A gentle answer turns away wrath, but a harsh word stirs up anger. (Proverbs 15:1 NIV)

11

Peace Builds Community

- Peace produces a harvest of righteousness.

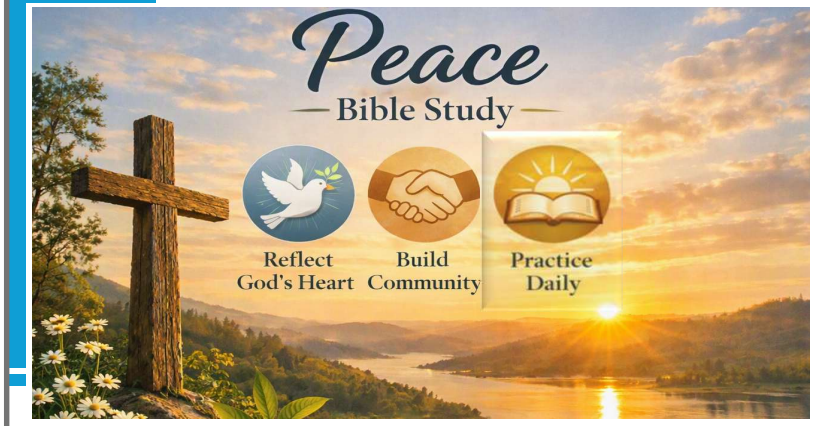
18 Peacemakers who sow in peace reap a harvest of righteousness. (James 3:18 NIV)

12

Discussion Questions

- How can peace help resolve misunderstandings?
- What role does listening play in peacemaking?
- How can we be peacemakers in our community?

13



14

Practice Peace Daily

- Peace is a fruit of the Spirit.

22 But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, 23 gentleness and self-control. Against such things there is no law. (Galatians 5:22-23 NIV)

15

Practice Peace Daily

- We live in peace with one another.

13 Hold them in the highest regard in love because of their work. Live in peace with each other. (1 Thessalonians 5:13 NIV)

- We seek peace & pursue it.

14 Turn from evil and do good; seek peace and pursue it. (Psalm 34:14 NIV)

16

Practice Peace Daily

- Peace builds up the community.

19 Let us therefore make every effort to do what leads to peace and to mutual edification. (Romans 14:19 NIV)

- God is with those who live in peace.

11 Finally, brothers and sisters, rejoice! Strive for full restoration, encourage one another, be of one mind, live in peace. And the God of love and peace will be with you. (2 Corinthians 13:11 NIV)

17

Discussion Questions

- How does peace show Jesus to others?
- What habits help maintain peace?
- How can peace be shared with those who are anxious?

18

Practical Applications

- Morning Peace Prayer - Begin each day by quietly asking God to fill your heart with His peace.
- Gentle Speech Commitment - Choose words that soothe & encourage, even when conversations are difficult.
- Listening First Habit - Pause & listen before speaking so others feel valued & understood.
- Evening Gratitude Reflection - End the day by thanking God for moments of peace & His steady care.

19



20

Small Habits That Help Peace

- Greeting Others Warmly - A simple “good morning” builds connection & lifts the atmosphere.
- Using a Gentle Tone - Soft, patient speech keeps conversations calm & friendly.
- Keeping Personal Space Neat - A tidy room reduces stress & creates a sense of order.
- Showing Daily Gratitude - Thankfulness encourages joy in yourself & others.

21

Small Habits That Help Peace

- Listening Without Interrupting - Full attention strengthens trust & friendships.
- Participating in Activities - Joining group events builds community & reduces loneliness.
- Offering Encouraging Words - Simple compliments brighten someone’s day.
- Keeping a Calm Pace - Moving slowly & steadily reduces anxiety & accidents.

22

Small Habits That Help Peace

- Checking on a Neighbor – A quick visit or kind question builds mutual care.
- Maintaining a Short Prayer Routine - A brief daily prayer brings spiritual grounding & peace.

23

Small Habits That Harm Peace

- Speaking Harshly - Sharp or impatient words create tension & hurt feelings.
- Complaining Frequently - Constant negativity drains joy from yourself & others.
- Interrupting Conversations - Cutting people off causes frustration & discourages sharing.
- Withdrawing Too Often - Staying isolated too much increases sadness & weakens community bonds.

24

Small Habits That Harm Peace

- Rushing Through Tasks - Moving too fast raises stress & increases the chance of falls or mistakes.
- Leaving Clutter Around - Messy spaces create irritation & make daily living harder.
- Ignoring Scheduled Activities - Skipping routines can lead to boredom & disconnection.
- Using Negative Self-Talk - Quiet, repeated discouragement harms emotional peace.

25

Small Habits That Harm Peace

- Being Chronically Late - Lateness disrupts group harmony & causes frustration.
- Holding Onto Small Grievances - Keeping minor hurts alive steals peace & strains relationships.

26