

Life Group Preparation Notes:

Lord Give Me Peace!

Pedro Erasmus - Sunday 16 February 2020

Note for the facilitator: Preparation for the Life Group is key for each person to be able to engage and be vulnerable to grow. Allow the Holy Spirit to lead you as you prepare for the group time. Be aware of vulnerable sharing and the recurring theme or phrase during the evening as you are prompted by the Holy Spirit.

Purpose for the session: To know true serenity (Eirene - peace).

Bible readings: Romans 5:1; Galatians 5:22-26 (MSG); John 15:4 (NCV); Proverbs 22:20-21 (TPT)

Worship: Listen to the song "In Control" by Hillsong Worship. Pray back to God your response of surrender.

Check-In: Share what God is saying to you from last week about brokenness and how He is calling you to live.

Prayer for Serenity by Reinhold Niebuhr

God, grant me the serenity
to accept the things I cannot change,
the courage to change the things I can,
and the wisdom to know the difference.
Living one day at a time,
enjoying one moment at a time;
accepting hardship as a pathway to peace;
taking, as Jesus did,
this sinful world as it is,
not as I would have it;
trusting that You will make all things right
if I surrender to Your will;
so that I may be reasonably happy in this life
and supremely happy with You forever in the next.
Amen.

Group Discussion:

1. Read the Serenity Prayer then answer the following questions:
 - What are the things you struggle to accept ("the things you can't change")?
 - How can you have the courage to change the things you can?
 - Where do you require wisdom "to know the difference"?
2. Who is the source of our peace? Romans 5:1
3. What sustains your peace when circumstances aren't good, and you are experiencing conflict with people?
Read Galatians 5:22-26 (MSG) - what does God's Word say you need?
4. In John 15:4 (NCV) He asks us to remain in Him. The vine itself is often old, tough and not very nice looking. Yet the branches that hold the grapes are new and colourful. In what ways does "remaining in Him give us peace"?
5. Read Proverbs 22:20-21 (TPT), based on these verses, why is it important for you to commit to daily meeting with God?

Check out and prayer time:

Pray back to God your prayer of commitment to Him being your source of peace, to daily meeting with Him to allowing His love, joy and peace to be the message you share with those around you.

Others:

Ask the Holy Spirit for opportunities to share His serenity/peace with those in your world in the coming week.

Going deeper during the week:

Continue to pray the Serenity Prayer daily as a regular habit. As you do, journal what God is saying to you from this prayer. Cut out the prayer from the notes and place where you will see it often.

Here is a devotional about finding our peace in God: <https://my.bible.com/reading-plans/13195-experiencing-peace>