



The Peace Activation Journey

Part 2 Pre-Lesson Work and Prompts

“Peace I leave with you: my (perfect) peace I give to you; not as the world gives do I give to you. Do not let your heart be troubled, nor let it be afraid. (Let my perfect peace calm you in every circumstance and give you courage and strength for every challenge)” **John 14:7**

Facing your Fears Summary:

After we face our fears, accepting that chasing perfect is foolish and will leave us exhausted and unfulfilled. People-pleasing is not about others, but more about establishing healthy boundaries. When we can say no without **guilt** and yes without **fear** our boundaries are getting firmer, Finally, we can face our fears when we relinquish control by trusting God and not ourselves. When things don't go our way, God is teaching us to let go of our expectations and the need to have everything go the way that we've planned. God wants us to surrender our will and trust Him as we experience the “something better” in letting go.

Part 2: Find Your Identity

- Labels and Lies “Breaking the cycle of Conformity” Romans 12:2
- Stories that Shape us “The Power of Personal Narrative” Psalm 139:13-14(NIV)
- From Broken to Beauty “Unveiling our Worth in Christ” Ephesians 2:10

Before exploring the chapters, which title above resonates with your situation? Please select one, explain briefly why this chapter speaks to you and your current situation.

Activate your peace through the Word of God.

- Scripture Reading
- Memorization
- Prayer

Weekly Scriptures:

- Romans 12:2(NLT)
- Psalm 139:13-14 (NIV)
- Ephesians 2:10 (NLT)

- Read each scripture (3) times (Read them out loud if you are in a position to do so.)
- Try reading in different versions of the scriptures. (if you are new to reading and studying the bible) example: NIV, ESV or Amplified
- Write the scripture on an index card or in the notes on your phone.
- Try memorizing the scripture, start with the address and repeat the verse.
- Make the scripture into a prayer

Example: Romans 12:2(NLT) **“Don’t copy the behavior and customs of this world but let God transform you into a new person by changing the way you think. Then you will learn to know God’s will for you, which is good and pleasing and perfect.”**

Activate your peace through **Self Reflection**

Use the slots below to identify characteristics in each area that you can relate to, let the Holy Spirit guide you.

	World’s Influences	Impact of Childhood Experiences	Cycle of Perfectionism
	<i>Need approval</i>	<i>Authoritative Parenting</i>	<i>Seeking Peace in achievement or external validation</i>
	<i>Media Consumption</i>	<i>Authoritarian Parenting</i>	<i>Fragile self-esteem, critique or comparison</i>
	<i>Family of origin</i>	<i>Permissive Parenting</i>	<i>Pursuit of trying to be good enough</i>
	<i>Self Doubt</i>	<i>Neglectful Parenting</i>	<i>Focusing on doing rather than being</i>
	<i>Ungodly Relationships</i>	<i>Uninvolved Parenting</i>	<i>Struggle to be authentic</i>
	<i>Call to Conformity</i>		<i>Trusting in our own plans</i>
	<i>Success & Popularity</i>		<i>Blinded to see the need for growth</i>

Activate Your Peace with **Peace-seeking Practices:**

- Review the peace-seeking practices on pages 64-65, 79-80, 95-96.
- After reviewing the practices, please pick out a few and commit to incorporating them in your life.

Activate Your Peace through **Personalizing Prayers:**

- Put your name in the prayers on pages 66, 81, 97

Labels and Lies

Question to prompt where you place your identity:

“What aspect of your life, if taken away, would shatter the identity you’ve created.

What belief about yourself influences your self-image and interactions with others. Write your response:

- .
- .
- .
- .
- .

John Ortberg, author of Soul Keeping:

“When my soul is not centered on God, I define myself by my accomplishments or my physical appearance or my title or my important friends, when I lose these, I lose my identity.

An Authentic Life in Jesus:

Not isolation but infusing every interaction and every thought with the truth of who we are in Jesus.

Perhaps one of the most beautiful aspects of choosing authenticity is how it draws us closer to God.

Stories That Shape Us, Importance of Self-Identity

- Values
- Beliefs
- Physical Traits
- Preference
- Hobbies
- Occupations
- Talents
- Relationships

Impact of Childhood Experience

Did you have a healthy role model for knowing how to relate to others.

Did you

- Feel Loved
- Supported
- Valued

Were you

- Neglected
- Endured Emotional, physical, or verbal abuse

Negative Self-Talk

_____ Harshly Evaluating yourself

_____ Critical Thoughts

_____ Disparaging Thoughts

Overcome Negative Self-Belief

- 1) Recognize
- 2) Reject
- 3) Replace

From Brokenness to Beauty

- Where Do we Find Our Value?

Step out of the shadow of doubt into light

Trade our worn-out, self-imposed identities for the unshakable identity in Christ

We discover the unexplainable joy and peace that Christ promised

We find rest knowing we are valued because we belong to Christ

Review Peace and Freedom Found in Christ (Page 87-89)

“We have a God who says we are enough. Just as we are.” Michele Cushatt, author of *I Am*

List your take aways from Part 2 of the book:

- .
- .
- .
- .