



The Peace Activation Journey

Part 3 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**

Finding Your Identity Summary:

We learned in Part 2 of our study that our soul must be centered on God, if not we will define ourselves by our accomplishments, or our physical appearance, our title or those we are associated with. The world has many distractions that will draw us away from God and we will begin to conform to the world’s thoughts about approval, what the media promotes our family origin and self-doubt. We can live an authentic life in Christ when daily pull away from the world’s tugs. What about those stories that shape us? As you reflect what has mainly shaped your narrative, your childhood experiences, your parent’s parental style or your negative self-talk, what is God asking you to yield to His power. You have moved from brokenness to beauty; we all have a broken story. Although we have been shattered God fills our cracks with gold and creates a beautiful masterpiece. In stead of going back to our old ways when our brokenness reminds us that we are not worthy, we need to drink deeply from the well of love. The Love of God!

Part 3: Free Your Heart

The Power of Forgiveness: ***“Releasing the Burden of Anger and Bitterness”***

Scripture: “Get rid of all bitterness, rage, anger, harsh words, and slander, as well as all types of evil behavior. Instead, be kind to each other, tenderhearted, forgiving one another, just as God through Christ has forgiven you” Ephesians 4:31-32 (NLT)

Living in Gratitude: ***“Cultivating a Heart of Contentment”***

Scripture: “The Lord is my shepherd; I have all I need.” Psalm 23:1 (NLT)

Speaking With Kindness: ***“Nurturing Patience and Gentleness”***

Scripture: “I therefore, as God’s chosen people, holy and dearly loved, clothe yourselves with compassion, kindness, humility, gentleness, and patience.” Colossians 3:12 (NIV)

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:

Ephesians 4:31-32(NLT)

Psalm 23:1 (NIV)

Colossians 3:12 (NIV)

- 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: Psalm 23:1 **“The Lord is my shepherd; I have all that I need”** Prayer: **Father, I thank you for being my shepherd. You guide me and protect me. Since you are my shepherd, I have everything I need.**

Activate your peace through **Self Reflection**

Use the space below to identify what’s **true** and **false** about forgiveness:

- _____ If I forgive the person, I will forget what they did to me.
- _____ If I forgive the person, that means I am saying it’s okay they hurt me
- _____ If I forgive the person, I will be condoning their behavior
- _____ If I forgive it doesn’t make the right, but it makes me free

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

- Review the peace-seeking practices on page(s) 115, 134-135, 157-158.
- 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 116, 136-137, 159

The Power of Forgiveness

Read the powerful story of forgiveness by Shannon Ethridge:

- What struck you about this story?
- How would this level of forgiveness leave you feeling?

Called to forgive

Answer the following questions to see if you are harboring anger, bitterness or resentment in your heart.

- 1) Do you often fixate on a specific incident or source of hurts?
- 2) Do you feel anger or resentment when that person's name comes up?
- 3) Do you feel a strong desire for revenge or need to "settle the score".
- 4) Do you feel uneasy, anxious, or stressed in the presence of that person?

Read Mark 11:25 (NIV)

What do you learn about forgiveness from this scripture?

This chapter is packed with rich lessons on forgiveness, highlighting at least one point under each of the topics below:

- Hurt people Hurt People
- Releasing Past Hurt
- Choosing to Forgive
- Transformative Power of Forgiveness
- Intimacy with God

Living in Gratitude

Cultivating a Heart of Contentment

Define the word contentment in your own words:

Psalm 23:1 "The Lord is my shepherd, and I have all I need."

How to recognize an ungrateful heart.

- Complaining/Negative Attitude
- Comparison
 - Material envy
 - Relationship envy
 - Career Comparison
 - Appearance envy

Which of the above-heart conditions can you relate to, which one would you like to work on?

“Comparison is the death of joy”
Mark Twain

Spend some time on “Cultivating a Heart of Gratitude”

Read Luke 17:11-19 (what struck you about this passage of scripture)

Speaking with Kindness

How can a perfectionist hurt those around them?

Spend some time identifying what keeps you from Patience and Kindness?

- Persistent nagging
- Frequent venting
- Exasperation and irritability
- Use of sarcasm
- Harboring Suspicion

Reflecting God’s Love

- Pause before you respond
- Cultivate empathy
- Use “I” statements when expressing your thoughts and emotions.
- Participate in activities that promote relaxation
- Identify triggers

Spend some time in the section on building meaningful connections

What are some of your highlights from this section “Free Your Heart”

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