



## STUDY GUIDE

### Introduction:

Take a minute and think about the past couple months of your life. Let some of the moments and memories come to mind.

- Considering that mix of experiences, what words you use to describe your life?
- What is it like for you to live these moments and days? Take some time to share some of the words you choose and why.

After sharing, ask the group this question:

- Would you use the word “Peace” to describe your life?
- Why or why not (some people may have already included or not included that in their lists)?

In the sermon, it was suggested that one reason the word “Peace” might not come to our minds is because of how pervasive anxiety is in our world.

- Did this ring true for you?

The guiding question for the sermon was, “How do we find peace in a world filled with anxiety?”

- How relevant was that to you or to those closest to you in life?

### Study: Hebrews 13:20-25

This is the last section of the book of Hebrews and it comes in two parts: a final benediction and a list of relational greetings. They suggested six ideas for finding peace in an anxiety filled world:

1. True peace only and always comes from God.
2. God’s peace is found by entering a covenant relationship with God and devoting your life to God.
3. That peace is secured for us by the protection of Jesus, the good shepherd (we considered the words of David from 1 Samuel 17 as a background for understanding the protection of a shepherd).
4. God equips us by working in and through every aspect of our lives.
5. God gives us peace by working from the inside out, he transforms our hearts.
6. Heart transformation is an emphasis not only of the book of Hebrews, but of the entire New Testament.
  - What was most impactful for you in considering these pathways to peace?
  - Where do you feel the greatest need for more peace?



## a study of HEBREWS

### YOUR MOVE

An illustration was shared about the difference between resume virtues and eulogy virtues.

- Where have you seen this distinction play out in your own life?

As a closing practice, it was suggested that we can find peace by:

1. Reading scripture
2. Sitting in silence
3. Considering the greatness of God's peace
4. Asking, "God, how do you want to transform my heart?"
  - When can you put this into practice in the week ahead?
  - Group leaders, you could consider checking back in with people at your next meeting and asking, "What was it like to create space for God to do a work of transformation in your heart?"

### Scriptures about God's peace and work in our hearts:

#### Philippians 4:7

"And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus."

#### John 14:27 & 16:22

1 Samuel 17:33, 1 Samuel 17:34-37

Psalms 95:7-11 (Hebrews 3:7, 3:15, 4:7)

Jeremiah 31:32 (Hebrews 8:10, 10:16)

#### Hebrews 10:19-23

Romans 2:29

2 Corinthians 1:21 & Galatians 4:6

Matthew 12:33

Word Study: Heart, kardia, καρδία

- The seat of feeling, impulse, affection, desire.
- The seat of physical, spiritual, and mental life.
- The center and source of our physical life.
- WHERE THE THINGS THAT MATTER HAPPEN
- The source of all aspect of life.
  - From the overflow of the heart, the mouth speaks.
  - Make a tree good and its fruit will be good.
  - The heart is deceitful above all. ■ Jeremiah 17:5-10
- Often used in associate with heart, kruptos, from where we get the word, "Cryptic."
- Sacred, hidden, hard to understand or decode.
- Hearts can be "good" or "bad."
- So, the heart is a reference to the things of greatest importance, significance, and impact in our lives. We think our resume or professional skill sets. We could consider that to be most important, scripture says the quality and character of our hearts is most important. And what does God want to do? He wants to purify, cleanse, make righteous our hearts. How? By putting his own Spirit inside them.