



# Colossians



SHEPHERDCHURCH

# Week 7: Letting the Peace of God Rule in Your Heart

## Welcome

Choose one of the following prompts to share with your Life Group:

- In your current schedule, what brings you the most stress and why?
- Share about a time when you felt the most at peace (e.g., on a vacation or trip, on a retreat, during a Bible study, etc.).

## Worship

As a Life Group, choose one of the following prompts:

- Play or sing a song that centers on Christ's peace—such as "It Is Well (Through It All)" by Kristene DiMarco or "Peace Be Still" by Hope Darst, and then pray.
- Reflect together on what Christ did on the cross so that He could offer us His peace.

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## Word

If you haven't already, watch the video lesson and read **Colossians 3:15-16**.

1. In **Colossians 3:15**, Paul writes, "Let the peace of Christ rule in your hearts." The Greek word translated as "rule" carries the idea of a "referee or someone who is the decision-maker." What does this teach us about how Christ's peace should function in our life?

2. Paul says we are "called to peace" as members of one body. How does Christ's peace unify us as the church?

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3. What are some examples of "false peace" the world offers (emotional avoidance, entitlement, etc.)?

4. In the video lesson, Nikko Dumas asked, "Who or what are you influenced by?" How might culture, media & entertainment, past wounds, or current circumstances influence your internal life (e.g., your thoughts, emotions, etc.) more than Christ's peace?

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5. According to **Matthew 5:9; Romans 5:1; 12:16-18; and Hebrews 12:14**, what are some results of Christ's peace?

6. Based on **Philippians 4:4-9**, what specific things can we do to experience Christ's peace in our daily lives?

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7. Paul ties peace to gratitude and worship. How does cultivating thankfulness and worshipping God help you live with Christ's peace?

## **Witness**

What is one area of your life where Christ's peace is not ruling? How might surrendering that area to Christ make you an example to someone who is living without His peace?

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## Personal Reflection & Deeper Study for this Week

- Memorize ***Colossians 3:15***
- What do the following verses teach you about guarding your heart and mind... ***Philippians 4:1-9; Isaiah 26:3; Romans 12:1-2; and 2 Corinthians 10:5.***
- Read ***Psalms 51:1-10; Ezekiel 36:26; and Hebrews 10:22.*** According to these verses, how does God transform our hearts so that His peace can rule there?
- In addition to your answer for the “witness” section of this lesson, what is another “rival” to Christ’s peace in your heart—fear, anger, control, stress, etc.? What would it look like to surrender it to Christ this week? What are three steps you can take to begin surrendering that “rival” to Christ?