



# Journal

## Chapter 23: PEACE

### Personal Study

Last week you examined the virtue of joy. Perhaps you learned that God is the only true source of authentic joy. This week before your group meeting, read *Believe, Chapter 23: Peace*. Then allow the Scripture to enter your mind and release any anxiety that you may be feeling.

### Read

*Read Believe, Chapter 23: Peace and answer the following questions.*

1. Describe the common patterns found in these verses.

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2. As you read this chapter, what questions came to mind?

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3. What did you read that encouraged you?

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Challenged you? \_\_\_\_\_

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Stirred you? \_\_\_\_\_

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4. What times in your life have you experienced true peace? What caused it, or interrupted it?

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5. Is there a person in your life who is particularly hard to live with? If so, how can prayer help you find peace in this relationship?

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6. Living at peace with others seems to be an important theme throughout Scripture. Why do you think it is so important to God?

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### **Evaluate**

*Based on your reading from Believe, Chapter 23: Peace, evaluate your level of confidence in the statements below, using a scale of 1 – 6 (1 = no confidence, 6 = complete certainty).*

\_\_\_\_\_ I know God has forgiven me because of what Jesus has done.

\_\_\_\_\_ I am not angry with God, myself, or others.

\_\_\_\_\_ I forgive people who deeply hurt me.

\_\_\_\_\_ I have an inner peace from God.

### **Take Action**

*Memorizing Scripture is a valuable discipline for all believers to exercise. Spend a few minutes each day committing this week's Key Verse to memory.*

**Key Verses:** “Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.” (Philippians 4:6 – 7)

*Recite this week’s Key Idea out loud. As you do, ask yourself, “Does my life reflect this statement?”*

**Key Idea:** I am free from anxiety because things are right between God, others, and myself.

*Answer the following questions to help you apply this week’s Key Idea to your own life.*

1. How would this virtue express itself in your life?

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2. What visible attributes can be found in someone who lives at peace?

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3. What is impeding your ability to experience true peace?

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How can you overcome these obstacles?

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4. What action step can you take this week to experience greater peace with God, others, and yourself?

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