

Session 4: Peace.

How can we find rest in a stressful world?

ROMANS 5

KEY VERSE:

‘But God demonstrates his own love for us in this: while we were still sinners, Christ died for us.’

ROMANS 5.8 (NIV)

Key themes

- Being confident that God loves us
- Peace with God
- Access to God
- God’s peace is a lived experience
- God is with us in suffering
- The Holy Spirit pours God’s love into our hearts

Possible issues

FACTS VS FEELINGS

Response: God’s love is a matter of fact, not merely about feelings.

SHARING OF PERSONAL, UNRESOLVED SUFFERING

Response: It might be helpful to sensitively offer to meet and pray with them at another time and return the group discussion to the main point.

LACKING AN ASSURANCE OF GOD’S FORGIVENESS

Response: Again, sensitively offering to meet, discuss and pray together privately.

Wrap up

- In summary: Jesus has opened the way into the Father’s presence for us. We are deeply loved by God and he wants us to know it. We can experience this even in suffering as the Holy Spirit pours God’s love into us. Why not ask him to do this?
- Reminder of daily readings (and WhatsApp group if you have one)
- Next week in session 5, we’ll explore freedom and how we can avoid negative cycles. As children of God, we have been set free to live a new life in Christ

SUGGESTED OUTLINE

- Refreshments
- Welcome and introduction with a brief recap on last session
(4 minutes)
- Optional discussion starter questions
(5 minutes):
What can somebody do that makes you feel loved? Can you think of a time when knowing you were loved gave you confidence?
- Video part 1
(15 minutes)
- Discussion time (questions in participants’ guide)
(25 minutes)
- Video part 2
(10 minutes)
- Personal prayer/reflection
(10 minutes)