

Basic Tips:1.) Use a translation you can understand. The NIV or The Message are good starters. 2.) Use a kids Bible with kids. 3.) Keep a pencil and notebook around to write down questions, observations, and conclusions. 4.) Have fun. Use your imagination and your brain.

March 29-April 5

TRADING UP warring worry for resting peace

Day 1	Gal 5:13-25	Pray for enemies
Day 2	John 16:33; 2 Thess 3:16	Peace from God
Day 3	Phil 4:6-9	Helpful Thoughts
Day 4	Eph 2:14-18	Unity In Christ
Day 5	Prov 14:30; Psalm 85:8	Someone else' peace

Questions to Guide You:

This week, we'll begin our LENT on Ash Wednesday. During LENT, we'll each give up something Monday through Saturday (like chocolate or coffee or Social Media or TV) in order to TRADE UP to the Fruit of the Spirit. This week, we'll focus on trading up to Gentleness.

- 1.) What are the fruit of the Spirit? What is the opposite of peace? What is the opposite according to Galatians 5:15, 19-21, and verse 25? Does peace in Gal 5:22 deal more with feelings or relationships?
- 2.) Which of your relationships are most peaceful? Which are most contentious? Are you acting as a peacemaker in that relationship? How can you?
- 3.) Which fruit of the spirit are necessary to enjoy emotional peace and relational peace? What is the connection between the two?
- 4.) What did Jesus come to give us in John 16:33? How does Jesus give us peace? Is the peace Jesus offers the absence of trouble? Of stress? Of danger? Then what is it?
- 5.) When does Paul want us to have peace? Where does this peace come from? How do we open our hands to receive such a gift? Is it possible to have peace while experiencing negative emotions such as sadness, grief, anger, or fear? How so?
- 6.) Phil 4 gives us a formula for entering God's peace? How can we welcome God's gift of peace? How can we welcome it internally? How can we apply these words to our relationships and our enemies? How

can we focus on the good, noble, pure in the annoying people around us rather than their imperfections?

- 7.) What does Phil 4 call God? What do you call God?
- 8.) What is the foundation for the peace between Christians in Ephesians 2? Why are we so easily divided? Why do Christians fight so much? How can we embrace the people God has put in our families and our church (both of whom God chose for us)?
- 9.) What does God promise in Psalm 85:8? What is the physical result of a peaceful heart? What are the benefits of resting in Jesus' finished work? What are the benefits of promoting peace with others?