



cultivate wholeness

real growth through God's word

Fall Cultivate Bible Study: The Armor of God

Week 4 Discussion Guide
Vivi Diaz – Peace

We're so glad you've joined our community of Sandals Church women as together we learn to cultivate wholeness into our lives and experience REAL spiritual growth through God's word. Watch this week's teaching video, then use this discussion guide – either in a group or on your own – to reflect, respond and pray as you cultivate the armor of God into your life. Your goal is not to get through the content, but to get the content through you! Be REAL, give the Holy Spirit room to move and respond to God as you study.

| Cultivate Wholeness |

The shoes of peace are essential to wholeness because we need to stay grounded and take ground.

| Key Verses |

“For shoes, put on the peace that comes from the Good News so that you will be fully prepared.” Ephesians 6:15

“Then you will experience God's peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus.” Philippians 4:7 NLT

“I am leaving you with a gift—peace of mind and heart. And the peace I give is a gift the world cannot give.” John 14:27 NLT

“How beautiful...are the feet of the messenger who brings good news, the good news of peace and salvation.” Isaiah 52:7 NLT

| Video Notes |

Fill in the blanks following the on-screen prompts:

1. I am able to have peace not because of _____, but because of _____.
2. Peace is dependent on my _____. My REAL hope is found in _____.
3. Peace comes from _____ my will.
4. We can't know _____ if peace is not our aim.
5. When we choose _____ over peace we _____ our character.
6. We can't just be women who _____ peace, we need to be women who _____ peace.

| Reflect & Discuss |

1. Describe what “peace” means to you. What do you do to bring about peace in your life? Would you say your peace is determined by your circumstances or dependent on your faith?
2. What comes out of us in the face of the battle is what's within us. What comes out of you when you are at peace? In contrast, what comes out of you when peace is not within you? What do you think that says about the content of your character?
3. Look back at the last few weeks and take inventory of your thoughts, words and actions. Is there anything you are prone to that robs you of peace (e.g. conflict, gossip, comparison, doubt, hunger for justice)? What would it look like for you to intentionally choose peace instead? Be specific – “When I'm tempted to _____, I want to _____ instead.”

4. In which area do you most want to grow in your pursuit of peace – spiritually, emotionally or relationally? What is a first step you will take to cultivate peace in that area of your life? If you're not sure what that is, ask God to show you where to begin.

| Pray & Journal |

Be still before God, inviting Him to search your heart. If you'd like, journal your thoughts and prayers so that you can later look back on the REAL growth you experience this season.

If we want the peace that Jesus offers, we need to be prepared to choose peace evens when we don't understand the "why" or "how" of this life's battles. **Be REAL with self** – what is your first response/reaction when you don't understand something? Do you fight for reason and justice or do you seek to align your will with God's way? How does that response impact you personally? What about relationally – both your relationship with God and others?

The enemy wants to steal our peace and distract us from our God given purpose. The opposite of peace is unrest. When your heart is divided and your soul is conflicted, you are not whole. **Be REAL with God** about any unrest you are experiencing spiritually or emotionally. Ask God to show you where you need to take ground and fight for peace. Prepare yourself with the good news of God's word by choosing a verse to help you find rest in the unrest. Pray for wisdom, humility and courage, then walk forward in obedience pursuing peace and wholeness.

We can't just be women who choose peace, we need to be women who bring peace. Are you facing any relational unrest or conflict that is stealing your peace? What could you do to bring about peace and unity? **Be REAL with others** and begin a conversation. This could include seeking wise counsel from someone your trust or reaching out to the people involved. Remember, your goal is to pursue peace even if you don't understand. A single conversation may not mean reconciliation, reunion or relationship, but it could be the first step toward repair.

| Dig Deeper |

Choose any of the dip deeper opportunities to cultivate more of God's word into your life. Consider looking up the verses in a different bible translation/version for added perspective.

- Read Isaiah 26:3 NLT: What do we need to do to be kept in God's perfect peace? When you consider your thought life, what do you need to turn your thoughts away from so that you can fix them on God?
- Read 2 Corinthians 5:19-20 TPT: When we judge others rather than pursue peace and unity, we risk corrupting our character. What does God call us to be on His behalf? Where in your life could you be an ambassador for the good news of peace, unity and reconciliation?
- Read Philippians 4:6-7 TPT: What are you worried about today? What do these verses tell you to do? How often should you do that? What kind of attitude should you have? What will God do in return? Write this verse down and work at memorizing it so that you can cultivate God's peace into your life.

| References & Resources |

- If you or your group watch our weekend message at Sandals Church, incorporate one question from our weekly reflection guide at cultivate.sc/discussion to live out what you're learning on the weekends.
- Want daily reading content to grow your faith? Check out our bible reading plans on the Sandals Church app. Join us now in our current reading, The Kingdom that Counts.