

Cultivate Reflection Guide

Different: A Different Peace for an Anxious World Pastor Matt Brown | October 15-16, 2022

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It can be hard to stand up for what's different, so if we want to live differently, we need to see life through a new lens. The apostle Paul's letter to the Ephesians is a reminder and a challenge to us that we live differently because we belong to Jesus.

Our Reflection Guide is a tool to help you grow spiritually wise, relationally kind and emotionally healthy. Use it to start a REAL conversation in community or to cultivate God's word into your life through personal bible study. Choose the questions that most encourage you to reflect and respond to what we're learning. Pair it with your bible, a journal or any resource that helps you learn. *It's not about getting through the content, but getting the content through you!*

Read: [Ephesians 2:12-19 ESV](#). Paul's reminder to the church at Ephesus is one for all of us: we were once living apart from God, but through the cross, we are brought near to God and Jesus "himself is our peace." (v13) Jesus gave His life to purchase our peace so that we can live as the family of God. How does that impact the way you value peace?

Reflect & Respond:

1. The peace of Jesus can **calm my anxious heart**.
 - [Read John 14:27](#). How do you find peace when you're feeling troubled or afraid?
 - If we want more of Jesus' peace, we need to spend more time with Jesus. Consider your weekly habits, practices and rhythms. What evidence is there that time with Jesus is a priority for you? If you don't see enough evidence, what is one thing you could change today so that you spend more time with Jesus?
2. [Read Jeremiah 17:7-8](#). This verse describes cultivating a life in Christ marked by discipline, commitment and steadfastness. In what areas of your life with Jesus do you need to start being more disciplined?
3. The peace of Jesus can **kill my hostility** toward others.
 - Is there anywhere in your life that you're currently struggling with hostility toward others? This could look like jealousy, hate, anger, offense, bitterness, resentment, a critical spirit, arrogance or pride.
 - Remember, Jesus paid the price to purchase your peace. Confess any hostility you're harboring and ask God to free you from it SO THAT you can have peace within yourself, with Him and with others.
4. The peace that Jesus offers can make me **right with God**.
 - [Read Ephesians 4:26-27](#). Our passions – our thoughts, emotions and instincts – do not always lead to peace. In fact, the devil can use them to control us, mislead us and outright lie to us. Is there anything you are letting into your life that is drawing you away from God and stealing your peace?

Prayer: Jesus, in a world plagued by anxiety and uncertainty, my heart and soul long for the peace that only you can provide. I confess that I've made excuses that keep me from you. I've chosen my own pleasure, comfort and convenience. Help me to remember that my peace came through your sacrifice, and peace with you is worth more than anything this world has to offer. May I live in such a way that I'm at peace with myself, you and others. Amen.

Dig Deeper Opportunity

[Read 1 Corinthians 14:33](#). Anger breeds division and division leads to confusion. Jesus not only wants us to live in peace, but He wants us to be peacemakers. Is there anyone in your life with whom you need to make peace? Pray and ask God for wisdom and direction, then as much as it is possible work toward clarity, unity and peace.