

# SESSION 3 - HIDDEN PEACE

Breaking the hard ground of disobedience and distraction



## LEADER'S NOTES

**Key Scriptures:** John 14:27; Genesis 3; Isaiah 26:3; Philippians 4:7

Additional Scriptures: Romans 14:19; 2 Corinthians 10:5

**Testimony discussion:** Share a time when God's peace surpassed all understanding. What led you to this place?



In Scripture Jesus speaks of peace as something he gives, a peace that is different from the kind the world offers (John 14:27). Yet over time, this gift can become hidden. It may be crowded out by distraction, buried beneath fear or quietly set aside as we ignore God's ways and try to manage life on our own. Peace becomes harder to recognise when we stop listening closely to the source and trust ourselves more than God. In the Genesis story, Adam and Eve moved from listening to God's voice to relying on their own understanding. The peace they once knew began to fracture. **Explore this story together.**

**Reflect:** Are there areas where you find yourself relying more on your own understanding or self-management than on God's presence?

What might it look like to surrender those areas to God?

God's peace can be present even when life feels uncertain. Scripture consistently points us away from circumstances and toward relationship. Our role therefore is to fix our minds, our thoughts, on Jesus, and he will guard our hearts and minds with this gift of perfect peace. His peace becomes our guide as our gaze fixes on him.

### Isaiah 26:3

'You will keep in perfect peace those whose minds are steadfast, because they trust in you.' (NIV)

### Philippians 4:7

'And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.' (NIV)

### ASK: HOW DO THESE SCRIPTURES SPEAK TO YOU?

We partner with God in peace.

Watch together the video Peace (Shalom) by The Bible Project (3:49) on [YouTube](#) for further study.

PEACE

This helps us to see why peace can exist alongside struggle. Biblical peace does not mean that life is quiet, orderly or free from difficulty. It means that God is near, faithful and trustworthy. Peace is found not in everything being resolved, but in knowing where our security lies. It is possible to feel off balance and still be held within God's perfect peace.



**Reflect:** How do you respond to the idea that peace is something God gives and sustains while we are to fix our minds on his truth in trust?

Surrender, as Scripture presents it, is not about effort or control, but about turning back toward God and drawing near once more. As we surrender, we often discover that peace has not disappeared but has been waiting patiently for us to return. As we remain open to the Spirit's leading, peace does more than comfort us. It quietly guides us.

**Reflect:** Where do you sense God's peace quietly guiding you, even if your inner world still feels noisy or unsettled?



## Pursuing Peace

**Romans 14:19 encourages us to 'pursue what makes for peace'.**

Use the journal page to invite the group to pursue peace together. You may want to read the prayer prompts below. Invite the group to use the journal image for this section and write in the boxes their barriers to peace.

Lord, we bring to you the places where peace has become hidden in our lives. Looking at these fragments, we bring our distractions [pause], our fears [pause] and our pressures [pause] that have drawn our attention away from you. Forgive us for the moments when we have relied on our own understanding rather than trusting in your presence.

Draw us back into your peace as we gaze upon you [pause].

Help us to receive again the perfect peace you have already given, and to live within it each day.



Encourage people to come before God with honesty, recognising where peace has become hidden, and to open their hearts to the gentle renewing work of the Holy Spirit. You may want to play worship music in the background as space is given to this activity. Should it feel appropriate, end with opening it up for people to share and pray over each other.



# SESSION 3 - HIDDEN PEACE

## JOURNAL



Jesus speaks of peace as something he gives, a peace that is different from the world (John 14:27). Yet over time, this gift can become hidden. It may be crowded out by distraction, buried beneath fear or quietly set aside as we ignore God's ways and try to manage life on our own. Peace becomes harder to recognise when we stop listening closely to the source and trust ourselves more than God. **Read Genesis 3.**

**Are there areas where you find yourself relying more on your own understanding or self-management than on God's presence?**

**What might it look like to surrender those areas to God?**

### HOW DO THESE SCRIPTURES SPEAK TO YOU?

**Philippians 4:7**

**Isaiah 26:3**



**How do you respond to the idea that peace is something God gives and sustains while we are to fix our minds on his truth in trust?**

**Where do you sense God's peace quietly guiding you, even if your inner world still feels noisy or unsettled?**

PEACE



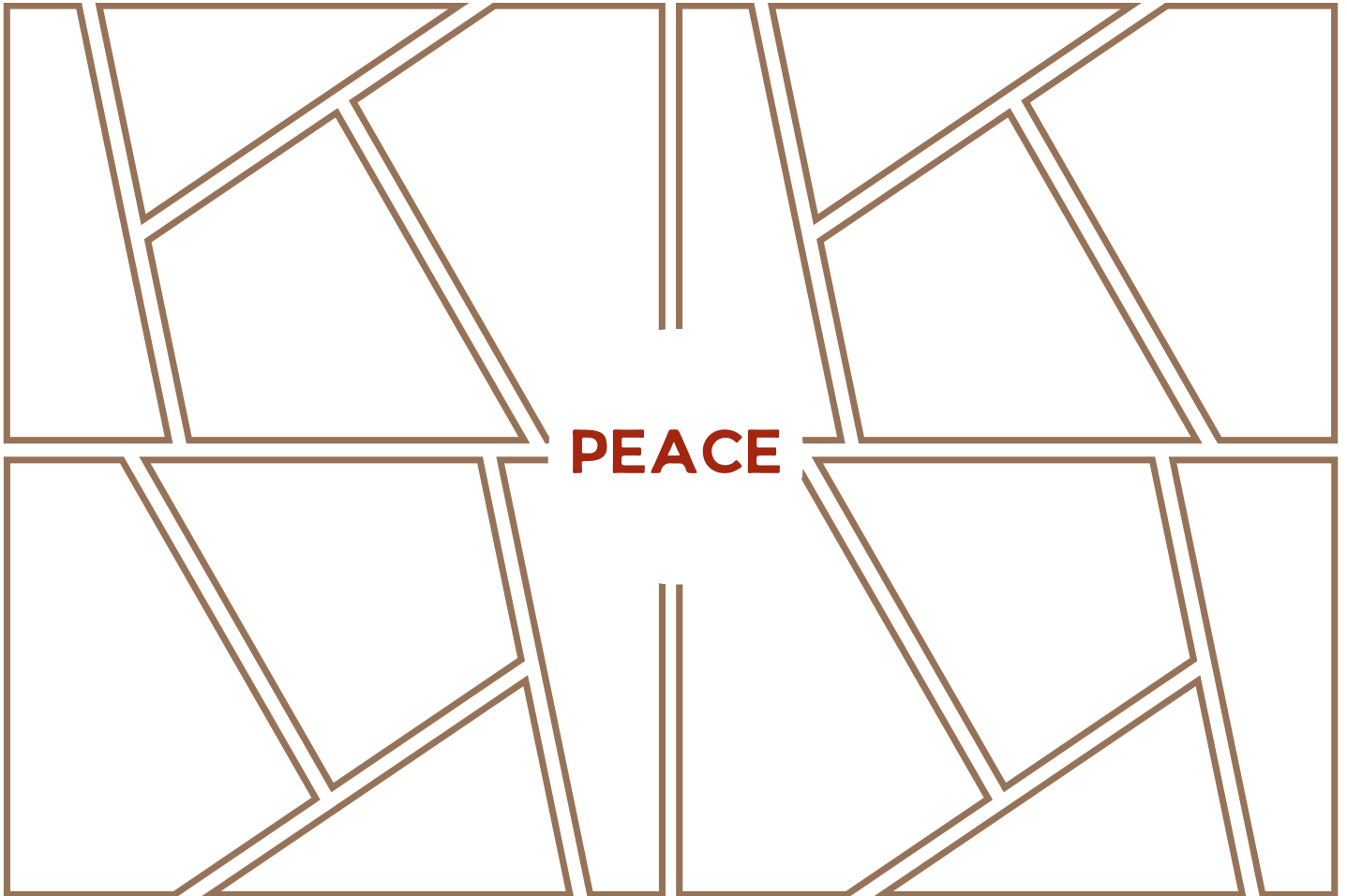
Surrender, as Scripture presents it, is not about effort or control, but about turning back toward God and drawing near once more. As we surrender, we often discover that peace has not disappeared but has been waiting patiently for us to return. As we remain open to the Spirit's leading, peace does more than comfort us. It quietly guides us.

## Pursuing Peace

**Romans 14:19 encourages us to 'pursue what makes for peace'.**

Visually identify your barriers to peace by writing them in the fragments.

Looking at these fragments, surrender your distractions, fears and pressures to God in prayer.



**What could you implement to continue to pursue peace, moving forward?**

PEACE



Holy Spirit, come and renew my heart.  
Draw me gently back toward God and restore my awareness of his presence.  
Guide me in the quiet ways of peace, and lead me forward in step with God's purposes.

