

**Cell Material – Peace**  
**Week beginning 10<sup>th</sup> September 2006**

**Welcome**

Share with your cell the things that have made you feel stressed or irritated this week! Don't mention anyone by name in a negative way!

**Word**

Read **John 14 vs 27**. Jesus promised us that he would give us peace. When do you feel most peaceful?

Do you feel that there are times when you lose your peace? What situations cause you to lose your peace? Has there ever been a time when you have felt at peace despite difficult circumstances in your life?

Read **Psalm 46 vs 1 – 10**. This Psalm reminds us that we can put our complete trust in God even when things seem to be going wrong around us. Verse 10 encourages us to 'be still and know that I am God.' Do you find it difficult to slow down? How can you manage your time better so that you eliminate the need for hurry?

Read **Ephesians 2 vs 14 – 18, Romans 12 vs 18 and Romans 14 vs 19**. Have you ever had unrealistic expectations of someone and then felt let down by them? Do you find it hard to make allowances for others' shortcomings or your own? What practical steps could you take this week to improve a relationship you find difficult? (Remember not to mention anyone by name negatively who is known to the cell).

If you have time you may like to read the following verses: **Isaiah 26 vs 3; Philippians 4 vs 6-9; John 16 vs 33; Galatians 5 vs 22** – what do these verses teach us about how to gain peace in our lives?

**Worship**

In your prayer time, pray for any difficult situations that have been discussed in the word section. Give everyone a piece of paper and pen and ask them to write out the words of John 14 vs 27. Play some peaceful music and meditate on this verse. Invite people to share any thoughts that arise from this time of meditation and prayer if they want to. Close by reading together the Aaronic blessing from Numbers 6 vs 22 – you may like to write it out to pass around so that everyone is reading from the same version!

**Witness**

This next week, keep a note of the times you feel you are losing your peace and write down what it is that is stealing your peace. It could be one of the following or something different:

- I didn't get my own way.
- I had to hurry.
- I became impatient and got angry.
- Financial pressure upset me.
- I was too tired to deal with anything.
- I had to deal with a certain person who always upsets me.
- A friend embarrassed me.
- I was in a traffic jam.
- A very slow assistant served me.
- A friend disappointed me.
- I spilt something on myself.

As you begin to write down things that bother you, you will begin to recognize the triggers that steal your peace. During those times, try to take responsibility for your own actions and don't try to blame someone else. Remember that you can choose how to react to these situations – you can choose to appropriate the peace of Christ instead of reacting badly. Pray at these times, 'Lord help me not to lose my peace'. Keep the words from John 14 vs 27 – stick it on your dashboard, in your handbag, on your computer or fridge – wherever you will keep reading it this week and recite it to yourself when you feel that you are about to lose your peace.

Next week at cell, share your experiences – how did you react in stressful situations? Did anyone notice you reacting differently to usual? Did you feel God's power as you sought to pursue and maintain a peaceful life? Encourage each other to keep practising!