



A Guide for Spiritual Formation

Text for the Week: Philippians 4:1, 4-9

Message for the Week: The Peace of God

Pastor Doug's Farewell Sunday, October 30

Opening:

What is one low (a bad thing) and one high (a good thing) that happened to you this past week? Write them down and take turns sharing them with the others in your group.

Where have you seen the work of the Holy Spirit in your life this past week?

Describe an instance in your life when time seemed to "fly by" or when it "stood still."

Preparation:

Spend 1-2 minutes in silence with God to center and prepare yourself for your time with God today.

Read:

Read / Have two people in your group read [Philippians 4:1, 4-9](#) out loud.

(Clicking this link will bring you to multiple translations.)

As you read and/or listen to the text being read, circle, take note of, highlight, or underline what words, phrases, or ideas grabbed your attention and heart in these verses?

Write them down below and/or share them with those who are with you.

Respond / Reflect:

What is the hardest “goodbye” you’ve ever had to say?

In the midst or end of a long and troubling day, where is your “go-to place” to find solace and respite?

What is peace? What is the peace *with* God? What is the peace *of* God? What is the difference between the two?

If you were asked to draw a picture of “peace,” what might it look like?

People who have the peace of God are forbearing, patient, gracious, and gentle. Who do you know who has these qualities? What effect do these qualities have on those around them?

Do you have the peace of God in your heart and life? Why or why not?

“Try It!”

Practice a Peace of God Examen – Where/when/how has God carried you ([Footprints in the Sand](#) poem) in the past? What did you learn about God and yourself during this time that will help you the next time you need the peace of God? Where do you need the peace of God in your life right now?

Prayer:

Spend time in prayer with/for the other people who are with you. Pray this prayer together:

Father, thank you for Jesus Christ. Thank you for his willingness to leave your side, take on the form of a human being like us, suffer and die for our sins, and then to be raised up. Thank you for the peace with God this brings to our life when we trust in him for our salvation.

Father, we also ask that we may know your peace in the midst of the storms and challenges throughout our life. We ask for a growing sense of your presence that we may see you clearly even when life doesn’t make much sense. We ask that you give us the strength to step boldly and confidently into the future you have prepared for us.

Father, give us the strength to stand firm in you, to agree with one another in the Lord, to be patient and kind to others, and to know joy in our living as we long for and prepare for your return.

In Jesus’ name – our life, light, and love – we pray. Amen.

Missional/Spiritual Practice for the Month: Practicing The 10 Second Rule

During the month of November, as we continue to explore 1 John and the call “...to live as Jesus lived” (1 John 2:6), you are encouraged to practice the 10 Second Rule as you go about your day. What is the 10 Second Rule? Clare De Graaf in his book entitled [The 10 Second Rule](#) defines The 10 Second Rule this way: “Just do the next thing you’re reasonably certain Jesus wants you to do...and commit to doing it immediately—in the next 10 seconds—before you change your mind!” When you feel the prompting of the Holy Spirit to do something...do it. Pay attention to and keep a record of what happens on account of your obedience. Review this record at the end of the month.

4 Therefore, my brothers and sisters, you whom I love and long for, my joy and crown, stand firm in the Lord in this way, dear friends!

⁴ Rejoice in the Lord always. I will say it again: Rejoice! ⁵ Let your gentleness be evident to all. The Lord is near. ⁶ Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. ⁷ And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

⁸ Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things. ⁹ Whatever you have learned or received or heard from me, or seen in me—put it into practice. And the God of peace will be with you.

Philippians 4:1,4-9 The Message

4 My dear, dear friends! I love you so much. I do want the very best for you. You make me feel such joy, fill me with such pride. Don't waver. Stay on track, steady in God.

⁴⁻⁵ Celebrate God all day, every day. I mean, *revel* in him! Make it as clear as you can to all you meet that you're on their side, working with them and not against them. Help them see that the Master is about to arrive. He could show up any minute!

⁶⁻⁷ Don't fret or worry. Instead of worrying, pray. Let petitions and praises shape your worries into prayers, letting God know your concerns. Before you know it, a sense of God's wholeness, everything coming together for good, will come and settle you down. It's wonderful what happens when Christ displaces worry at the center of your life.

⁸⁻⁹ Summing it all up, friends, I'd say you'll do best by filling your minds and meditating on things true, noble, reputable, authentic, compelling, gracious—the best, not the worst; the beautiful, not the ugly; things to praise, not things to curse. Put into practice what you learned from me, what you heard and saw and realized. Do that, and God, who makes everything work together, will work you into his most excellent harmonies.