

# BE LIKE JESUS

## WEEK 4: HOW DO I FIND REAL PEACE?

**KEY QUESTION:** Where do I find \_\_\_\_\_ to battle anxiety and fear?

**KEY VERSE:** Philippians 4:6-7

**KEY IDEA:** I am free from \_\_\_\_\_ because I have found peace with God, peace with others and peace with myself.

- Key Application #1-Come to \_\_\_\_\_ in your relationship with God.
- Key Application #2-As much as it is up to you, live at peace with all \_\_\_\_\_.
- Key Application #3-Learn to live at peace with \_\_\_\_\_.

## DISCUSSION

**Declarations:** Which statements are easy to declare and which are not?

- I know God has forgiven me because of what Jesus has done.
- I am not angry with God, myself, or others.
- I forgive people who deeply hurt me.
- I have an inner peace from God.

1. Although true peace is accessible to all who call Jesus Christ their “Lord,” many continue to live with fear and anxiety. Why do you think this is the case?

2. What are some biblical ways to overcome fear and anxiety? What have you found to be most successful?

3. Who in your life maintains a state of peace even in the most troubling situations? What part does faith play in that person’s ability to remain at peace?

4. What thoughts or behaviors tend to feed your feelings of fear and anxiety? What boundaries can you set in place to avoid those pitfalls?

**CASE STUDY**  
**CLOSING PRAYER**

# SOAP JOURNAL EXERCISE WEEK 4

*Read: Romans 5*

**S - Scripture** - Choose one verse from the scripture above and hand write it below.

**O - Observation** - Describe in your own words what you think the verse is saying. Explore words and phrases and try to put down what you “see” in this verse. You can even re-write the verse in your own words.

**A - Application** - Write down what you should do because of what this verse says. It may be something you need to keep doing, stop doing, or start new. Make it as detailed and specific as possible.

**P - Prayer** - Write a prayer thanking God for speaking to you, and ask him to help you focus on what he has said and what you should do.