Introduction

Biblical peace is much more than calm feelings or tranquility in our circumstances. It is wholeness and rest grounded in reconciliation with God. Our anxiety often comes from trying to control outcomes and protect ourselves. Jesus, the Prince of Peace, secured our ultimate peace through the cross. Because we have peace with God, we can face life without fear.

Study Questions

Read Galatians 5:22-23

1. How does Scripture define peace?

2. Why do anxiety and control often go together?

3. How does reconciliation with God lead to peace?

4. What does it mean to believe God is "for us"?

5. How does peace influence our daily decisions?

Application Questions

1. What situations currently disrupt your sense of peace?

2. Where do you struggle to trust God's control?

3. How do you typically respond to anxiety?

4. What helps you rest in God's presence?

5. How could peace shape the way you face challenges this week?