

Bible Study Lesson Plan: Walking in God's Peace

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Objective: To understand the source of true peace, how to keep it amid life's chaos, and how to walk in it daily.

Main Scripture: Philippians 4:6-7

"Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus."

Discussion Questions:

1. What do you think it means that God's peace "transcends understanding"?
2. Why do you think Paul connects peace with prayer and thanksgiving?
3. What do you tend to do instead of praying when you feel anxious?

Supporting Scriptures:

1. John 14:27 - Jesus gives a peace the world cannot give.
 - a. Discussion: How is Christ's peace different from worldly peace?
2. Isaiah 26:3 - "You will keep in perfect peace those whose minds are steadfast, because they trust in You."
3. Colossians 3:15 - "Let the peace of Christ rule in your hearts."
 - a. Discussion: What does it mean to let peace rule? What gets in the way?
4. Romans 8:6 - "the mind governed by the Spirit is life and peace."
 - a. Discussion: How do we let the Holy Spirit guide our thoughts daily?
5. Psalm 4:8 - "In peace I will lie down and sleep, for You alone, Lord, make me dwell in safety."
 - a. Discussion: How does trusting God help you rest better - physically and spiritually?