

Journey CHURCH

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Life is _____. Leader Guide

Session 5: Life is to be at peace with yourself

Video Teaching

The following is a few key thoughts to note as you watch session 5. Use the space provided to jot down personal observations or applications.

In Revelation 1:8, Jesus says that he is “the Alpha and Omega.” That means he is the first and last. Genesis 1:1 says something similar: “In the beginning God...” In other words, God was first. He was before the beginning.

The fact that God is first means he is bigger, he is better, and he is the champion. He has never been second and never will be. He is first whether we recognize it or not.

Because God is first, he is more. No matter what difficulty we might face, God is more than enough to handle it.

Peace is about proportion and perspective. When things are blown out of proportion or we lose prospective, we lose peace. But understanding that God is first restores our perspective.

Positive thinking is good, but it isn't enough to bring true, lasting peace. It won't aid us in the deepest parts of our soul. We need God.

Because God is first, he is before. Wherever we're going, God's already been there and already is there. He knows what is going to happen.

Peter's denial of Jesus in Mark 14 illustrates Jesus' foreknowledge. But more than that, it illustrates how Jesus goes before us, even in difficult times, and helps us find victory.

God's foreknowledge meant that if he loves you now, he'll love you tomorrow.

Discussion Questions:

1. Do you have any fears about the future? If so, how do those fears affect your level of peace today?

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2. What does it mean that Jesus is the Alpha and the Omega?
3. What are some ways that people try to find peace outside of God? Are these things good or bad? How effective are they?
4. What does the fact that God is more mean to you? How does it help you live in peace even when you are facing challenges?
5. Do you think it's possible to find true peace within ourselves, or do we need a source outside ourselves? Why?
6. What does that fact that God is before mean to you? How does it help you live in peace?
7. How does the fact God loves you now prove he'll love you forever?