



elev8

life on another level

Student Workbook

YEAR 1

Life and Action
Peace

Bible Readings

Proverbs 14

Ephesians 2

Matthew 5

Romans 12



Learning Outcomes

At the end of this week you will be able to:

- Locate the theme of peace in the Bible
- Express the theme or story in your own way
- Apply your learning from the story to your own enemies and community

Notes from Bible Reading

Scripture A word or phrase that stood out to me:

Observation What is happening in this Bible reading?

Application Something that I learned about who I am or how I should live:

Prayer What I would like to say to God, ask of God, or what I think God is saying to me:

Key Question What does the Bible say about peace?

Engage

Go around the group and share one thing for each heading that has happened since you last met:

- Plus – What has been good or enjoyable?
- Minus – What has been difficult or painful?
- Interesting – What has been unusual or thought provoking?

What helps you feel peaceful, and calms you down when you feel upset?

Explore – Locate

- *What stood out to you in the Bible readings this week?*
- *What did you find meaningful or significant?*
- *Is there anything that you didn't understand or found confusing?*
- *Any questions or comments you may have?*

Read together: Ephesians 2:13-22

“World peace” is often the wish or goal for many a contestant in beauty pageants.

And although the world dreams of world peace, we still have many governments around the world calling for the need to fight with deadly intent in order to ‘secure peace’, as the best way to achieve peace to kill and destroy.

Even at our own local level, we often feel an urge to punish or inflict suffering on those that do us wrong.

- What are some of the practical ways of experiencing peace mentioned in Proverbs 14?
- What example does God give us about making peace with others?
- What attitudes do we need to take in the face of opposition?

Explore – Express

Take 2 minutes to do a relaxation exercise.

Your Coach will guide you through the following exercise. Rest assured it will not hypnotise you or anything, it's a standard relaxation activity.

For it to work, everyone will need to cooperate and take part. Either sit comfortably in a chair with your feet on the floor, or you can lie on the floor. Although you can have your eyes open it is easier not to. Quiet background music may also help to focus your thoughts. Don't rush through the exercise.

- Relax every part of your body.
- Now notice your breathing. Notice your breath going in and out. In and out.
- Notice the noises in the room and outside, but just let them fade away.
- Just focus on your breathing. Notice your breath going in and out. In and out.
- Notice your breathing slowing down. Take a deeper breath slowly and let it out slowly. Don't make it too hard for yourself. Just a slowing down from your normal rate.
- Feel your body relax as you feel your body sinking down into your chair or into the floor.
- Notice your breathing in and out. In and out.

(continued...)

Explore – Express *(...continued)*

- Now notice your body starting to feel lighter, as every part of you feels relaxed.
- Notice your breathing in and out. In and out.
- When you're ready, just open your eyes.

How easy is it for you to feel peaceful? Discuss ways in which you feel peace in your normal everyday life.

Time set aside for just praying with God is a great opportunity to enjoy peace. This isn't the quick prayer you offer up when you're in trouble, or wanting something at that moment or the quick prayers before eating or going to bed. This is at least 5 minutes where you switch off everything and just enjoy some silence with God.

An area of life often hard to feel peaceful about is the impact of certain people in our lives.

Discuss what characteristics of certain people (safer not to name them) get you annoyed. Brainstorm and write them up on the whiteboard.

Read Proverbs 14 and suggest ways in which you can deal with one of the annoying qualities one of the other students find about other people in their lives.

Why do you think God places so much emphasis on getting along with other people?

If you have time you can act out Matthew 5.

Explore – Integrate

- How will I take time out this week to enjoy peace with God?
- What is an area of my life that I do not have peace in and need to invite God into to bring about change?
- Is there someone in my life that I currently have a problem with, or who has a problem with me, that I need to bring peace to?

Extend

Discuss with your group the challenges you are tackling. Use the time to ask for any help you might need, or to work together on any shared projects you may have.

Questions that may be helpful include:

- What challenges are you working on at the moment?
- Do you need any support or assistance?
- Are there any challenges that you have completed that we need to recognise and celebrate?
- Are there any new challenges that you want to work on?

Encourage

Tell another student in your group something you value or appreciate about them.

Share one thing you would like to pray for and pray for one another.

Pray.