

THE PROMISE OF BLESSING

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Questions for discussion or reflection Session 7: The Lord give you his peace

Often we rush through Scripture. Try reading the following verses slowly, giving God time to apply them to your life. It's surprising how much difference ten minutes spent like this can make.

Rejoice in the Lord always. I will say it again: Rejoice! Let your gentleness be evident to all. The Lord is near. 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. Philippians 4:4-7

Read the passage through once, slowly, pausing between phrases. Take a moment to reflect on it...

Read it slowly again, pausing at any phrase that catches your attention. It may help to note your thoughts down.

Reflect on what struck you: Let it address your fears. Ask the Holy Spirit, 'What do you want to say to me today?'

Be still for a while. Ask, 'What am I being called to do as a result?'

Consider memorising these verses, saying them to yourself every day this week.