



The Trade

Part 4 – Trading Chaos for Peace

Discussion Guide

Last week, we talked about trading our anger for the peace of God. This week, we study how to trade the many actions and attitudes of our hearts which are causing chaos in our lives for His peace. It's clear that we have to say "no" to some things to gain the perfect peace that Jesus has promised us.

Jump Start

1. Do you feel peace most of the time? Would you say your word, actions, and attitudes contribute to a peaceful atmosphere around you?
2. Read [James 3:6 and Proverbs 18:6-7](#). Words are obviously one source of chaos. Has your mouth ever been your "undoing"? Also read [Ephesians 4:31](#). What types of words or speech do you find here? Which type words do you most have a problem eliminating from your speech?
3. Read [James 3:14-16 and Proverbs 14:30](#). What attitudes and thoughts cause disorder and evil, like "a cancer in the bones"? Have you ever participated in or been a victim of jealousy or selfish ambition? How do you resist comparisons and envy?
4. Read [Matthew 5:8, Acts 3:19, and Acts 13:39](#). According to God's Word, peace comes from being right with God, obedient to Him, with no sin or shame separating us from Him. What are the trades you see in these verses?
5. Read [James 3:17](#). To trade your chaos for peace requires a change in your actions and your attitudes. List the action or attitude God is telling you to focus on right now. If there is a name or situation He is telling you to adjust, write it down. Share if you can.
6. **Challenge:** James 3:18 tells us to be peacemakers. It's not enough to calm the chaos in our own lives; we are to bless others. How and with whom can you start? Is there someone you need to forgive? Is there someone to whom you need to apologize and admit, "I own it"?

Deeper

The most important part of this week's message was that to **have real peace, you must be focused on and walking with the Prince of Peace**. Let's soak in verses that remind us how to do that.

We will learn how to complete a **S O A P Bible Study** by looking at a passage of Scripture and breaking it down. **S O A P** stands for **S**cripture **O**bservation **A**pplication **P**rayer. Let's get ready to sit down with the Bible and see to what God wants to show us. Completing this study during your quiet time, then sharing with your Life Group, can allow for deeper understanding and revelation of new perspectives. **Things you will need:** Bible, Notebook, Pen.

7. **Scripture.** Read [John 14:27, 2 Thessalonians 3:16, Matthew 4:38-40 and Isaiah 26:3](#). What stood out to you the most about these verses?

Take time to read these passages and allow God to speak to you. Jot down anything that made you stop and pause or anything that you questioned. When you are done, look for a verse that particularly spoke to you and write it out fully in your journal.

8. **Observe.** What is God saying to you in these verses? What overarching theme or promise did you see? What did the specific verse that you were drawn to teach you?

What do you think God is saying to you, personally and specifically, in these Scriptures? (You can even have a short prayer at this point, asking the Holy Spirit to teach you and reveal Jesus to you. Remember that He promised to give us wisdom and reveal truth to us when we ask.)

9. **Application.** How will you apply this and learn to abide in His peace? How does this shift the way you look for peace?

Personalize what you have read by asking yourself how it applies to your life right now. Perhaps it is instruction, encouragement, a new promise, or corrections in an area of your life. Write down how this Scripture applies to you today.

10. **Pray.** Pray about what you have read in [John 14:27, 2 Thessalonians 3:16, Matthew 4:38-40 and Isaiah 26:3](#). Pray your special verse back to God, asking Him to help you understand and apply it.

This prayer can be as simple as asking God to help you use this Scripture, or even a prayer for a greater insight on what He may be revealing to you. Remember, prayer is a two-way conversation, so take time here! Be sure to listen to what God has to say! Now, write it out. Journaling your quiet time helps you to see what God is teaching you over time.