

# Abiding in PEACE

*Leader's Guide*



# Introduction

## Welcome!

I am so excited that you have decided to lead the *Abiding in Peace* Bible study. This study is designed to help participants experience the incredible peace that Jesus freely offers — a peace that surpasses all understanding and brings comfort to our anxious hearts.

By stepping into this role, you are allowing God to use you to guide others deeper into His Word. This is an amazing opportunity to make a lasting impact on people's lives and their walk with Christ. I can't wait to hear how God will work through His Word to transform and bless your group. Thank you for your willingness to serve in this meaningful way!

This Leader's Guide is designed to assist you in facilitating this study by offering administrative details and general guidance. These are merely suggestions because each of you has the magnificent Holy Spirit within you, who is far more capable of equipping you for this role than I could ever be. The Holy Spirit not only empowers you but also understands the unique needs of each participant in your group. I encourage you to trust and follow His direction as you lead.

Thank you once again for stepping up to lead this study. I'm excited to hear about the amazing things God does through your group! And if we don't get the chance to share those stories in this lifetime, we'll have all of eternity to catch up!

Lorraine Hill

## Overview of the Study

The *Abiding in Peace* study is an eight-week, in-depth Bible study designed to help participants grow in their faith. Each week includes five days of daily homework, with an estimated completion time of about 30 minutes per day. The homework features a variety of question types, including fill-in-the-blank, multiple-choice, yes/no, and matching. These exercises encourage participants to engage with the material and apply it to their personal lives. Additionally, Challenge questions are provided for those who wish to dive deeper into God's Word.



# Overview of the Study

The Bible study is divided into two main parts:

## **PART I: THE PROMISE OF PEACE**

Week 1 – Peace in the Everyday

Week 2 – Peace in the Storms

The first part of the study provides the participant with a basic understanding on the nature of peace and how to experience peace during everyday life. Another week is devoted to helping believer experience peace during the hardships and difficulties of life.

## **PART II: THE PEACE STEALERS**

Week 3 – Buried in Busyness

Week 4 – Ensnared by Fear

Week 5 – Overcome by Anger

Week 6 – Wearied by Waiting

Week 7 – Living for Self

Week 8 – Drowning in Discontentment

Having discussed the nature of peace, the next section of the study focuses on specific peace-stealers: busyness, fear, anger, impatience, discontentment, and living for self. Each peace-stealer is discussed for a whole week in order to allow the participant to truly delve into the area.

# Small Groups

Small group discussion is an important part of this study because it allows individuals the opportunity to share what God has revealed to them through the study and ask questions of other believers to increase in their own understanding. It also creates community and builds fellowship, which is important within the body of Christ. Participants can listen, encourage and pray for one another. It is amazing how God often places people who need each other in the same groups so that they can minister to one another during the study.

## Suggestions for Small Groups

- ***Facilitate the discussion every week.*** As you do the study every week, mark questions that are especially meaningful to you. Select a few key questions from each day to discuss. You will not have time to discuss all the questions. There are also suggested discussion questions listed in this Leaders Guide. If you are asking questions but receiving little response, then try asking a more general question, like “What spoke to you most in this day/week?” or “What unique insight did you receive from this day/week?” General questions seem to elicit discussion. You may also want to setup the chairs in a circle or semi-circle as this is welcoming to participants and makes them feel more comfortable sharing. Though it can be hard, try to also remain on target in your discussion and cover the respective week’s homework. This ensures that participants who have done the homework have the opportunity to share what they have learned. If the conversation has strayed, then gently steer it back.
- ***Avoid the temptation to always fill the silence.*** Most of us are uncomfortable with silence and so we tend to quickly offer an answer if no one says anything. But sometimes more reserved people need a little more time to open up. The silence can sometimes be the little nudge that they need.
- ***Take prayer requests and communicate them to the rest of the group.*** Try to limit prayer time to about 10 minutes. You do not want to quench the Holy Spirit, but you also want to give people who have done the homework adequate time to share what they have learned. Encourage your group members to pray for each other. Satan wants nothing more than to distract and discourage us, so we need to remain diligent and pray for each other. As the facilitator, I encourage you to be especially diligent in prayer on the day of the study. For a twist, you could pair group members as accountability partners.
- ***Encourage the participants.*** Parts of this study are encouraging, but other parts are challenging, similar to anytime when we read God’s Word. Please encourage your group members to remain committed to the study and stay in the Word. God has amazing things to reveal to us, but we have to have an open and teachable spirit.

We have found the most effective size for small groups seems to be around 12-15 people.

A group of more than 15 people tends to not allow each individual the opportunity to share.

But let the  
**HOLY SPIRIT**  
be your guide.



# Small Groups

- **Follow up on participants who have missed.** Once participants miss Bible study, it is easier for them to give up and not return, especially if they have not done the homework. The nice thing about this study is that each week covers a different topic. So, if participants miss a week or fall behind, they can always start fresh the next week. Hopefully, that will encourage those who miss to remain in the study.
- **Enlist a “strong” sub for each facilitator,** someone who is able to lead in the absence of the facilitator and who regularly completes their homework. Inevitably most facilitators become sick or have unexpected emergencies and have to miss. A “strong” sub provides stability for the group since the rest of the group is already comfortable with her. It also provides another participant who can contribute to the discussion.
- **End on time.** As participants feel more comfortable, they will share more. Sometimes, this creates a challenge and small group time tends to run over. Try to end on time, especially if childcare is involved. You can always speak to someone privately if they are excited about sharing something but this allows the rest of the group the freedom to leave on time without feeling awkward. Groups that continually run over often lose members that have other commitments.

## REMAIN ENCOURAGED

- As you facilitate or lead this study, Satan would like nothing better than to discourage and dishearten you and he will use any means he can. Don't let him. God's power is greater than anything Satan throws at you.
- When I first started teaching and leading, I became very disappointed with attrition in my studies. We would start so strong and then lose women and Satan used it mercilessly to discourage me. Instead of viewing the glass half-empty, I needed to view it half-full. Maybe ten or twenty percent of the people gave up on the study, but that meant that eighty percent completed it. Eighty percent were now deeper in God's Word. Eighty percent now had a better understanding of peace. And that was amazing! Not to mention that several people later told me that even though they had dropped out of the study, they had still completed it. We never know what God is doing and so we must not use earthly eyes (like I did).
- There are many ways of leading this study. Everything listed above are only suggestions. Again, the most important thing is that you are open to the Holy Spirit's leading and allow Him to guide you. God has hand-crafted us all as unique people and so we each have our own unique and creative ways of leading.

If you have any **creative suggestions**, please share them with us. Or if any of your group members would like to share what they have learned, we would **LOVE** to hear!! It is always exciting to hear how the Lord is working in other people's lives. Email us at [Info@LorraineHillMinistries.com](mailto:Info@LorraineHillMinistries.com).

# WEEK 1: *Peace in the Everyday*

## Day 1 – An Open Invitation

### KEY THOUGHT

Peace has an all-encompassing meaning, which includes the ideas of wholeness, harmony, completeness, prosperity, well-being, and fulfilment

### DISCUSSION QUESTIONS

- What are the top three things that are currently stealing your peace?
- When you are upset, where do you turn to find peace? Does it work?
- What did Jesus say in John 14:27? How does this encourage you?
- What additional encouragement do you find in John 16:33?

## Day 2 – The Gift of God

### KEY THOUGHT

Peace is a gift from God, a fruit of the Spirit that is produced naturally in us as we abide in Christ.

### DISCUSSION QUESTIONS

- Does it surprise you that God is called the God of Peace?
- Who creates peace in our lives (Galatians 5:22)?
- How can we nurture peace or wither it?
- Have a few ladies share their salvation stories.

## Day 3 – The Power of Prayer

### KEY THOUGHT

Prayer is the means by which we release our concerns and burdens to the Lord so that we can experience peace.

### DISCUSSION QUESTIONS

- What is your attitude toward prayer? Do you struggle with prayer?
- What do Philippians 4:6-7 and Matthew 6:5-8 say about prayer?
- Which of the prayer descriptions do you find personally challenging?
- What prayer practices have you found effective?

## Day 4 – Transforming Our Thought Life

### KEY THOUGHT

To experience peace consistently, we will need to learn to control our thought life.

### DISCUSSION QUESTIONS

- What do Proverbs 23:7a and Philippians 4:8 say?
- Why is it important to control our thought life? How can reacting based solely on our emotions cause unnecessary stress in our lives?
- Discuss the exercise on how to guard our minds.

## Day 5 – Embracing Obedience

### KEY THOUGHT

Simply studying about peace is not sufficient. We must put into practice everything the Bible teaches us.

### DISCUSSION QUESTIONS

- How are Philippians 4:6-9 all connected?
- What analogy did James use in James 1:22-25?
- What one or two truths is God calling you to act on?
- How have godly friendships encouraged you?



# WEEK 2: *Peace in the Storms*

## Day 1 – Calm in the Storm

### KEY THOUGHT

No matter the hardships or trials in our lives, God wants us to trust Him completely.

### DISCUSSION QUESTIONS

- What experience, other than salvations, has had the biggest impact on you?
- What struck you most about the disciples and the storm?
- What do you learn from Proverbs 3:5-6?
- Are you trusting God with all of your heart?

## Day 2 – Refined by the Fire

### KEY THOUGHT

Trials remove our impurities and refine us, helping us to mature and leaving us pure gold.

### DISCUSSION QUESTIONS

- What do you learn about trials from James 1:2-5 and 1 Peter 1:6-9?
- How have your past trials matured you?
- What encouragement do you receive from 2 Corinthians 4:16-18?
- How has one of your trials enabled you to comfort someone else?

## Day 3 – Resting in God's Sovereignty

### KEY THOUGHT

God is sovereignly working out our trials for our eternal good and for His glory so we should not become discouraged.

### DISCUSSION QUESTIONS

- What do you learn about God's sovereignty from Isaiah 46:11 and Job 42:2?
- Do you struggle with releasing control to God?
- What encouragement do you receive from Romans 8:28?
- Share a time when God sovereignly worked things out for your good.

## Day 4 – Treasured by God

### KEY THOUGHT

Even though it may not always feel like it, God loves us deeply, passionately, and everlastingly.

### DISCUSSION QUESTIONS

- Do you tend to question God's love during trials?
- What do you learn about God's love from Isaiah 49:14-16 and Romans 8:28-39?
- Share a time when you experienced God's love in a special way.
- Discuss Warren Wiersbe's "pampering" love versus "perfecting" love.

## Day 5 – Learning to Suffer Well

### KEY THOUGHT

Hope, trust, and patience are keys when it comes to learning to suffer "well."

### DISCUSSION QUESTIONS

- How does the story of Job both encourage and challenge you?
- What do you learn about hope from Lamentations 3:24 and Isaiah 40:28-31?
- What do you learn from 1 Peter 4:12-16, Romans 8:18, and John 16:33?
- What have you learned in your suffering?

# WEEK 3: Buried in Busyness

*Thank you*

for caring for God's flock and encouraging them in the Word! I know it requires a tremendous amount of time and commitment on your part, but I am so thankful for your willingness. May the Lord bless you and your group!

## Day 1 – Creating Margin in Our Lives

### KEY THOUGHT

Living with margin is important because it allows us to fully experience God's presence and to enjoy His many blessings, like peace and freedom.

### DISCUSSION QUESTIONS

- How would you describe your life?
- What do you learn from 1 Corinthians 10:23?
- What current activities are permissible for you but not beneficial?
- What did the psalmists say in Psalm 90:12 and 90:17?

## Day 2 – Pursuing the Excellent

### KEY THOUGHT

With the busyness of our lives, it is easy to settle for okay choices instead of pursuing excellent ones.

### DISCUSSION QUESTIONS

- Discuss the Mary and Martha passage. Who are you more like?
- What do you learn from the early church in Acts 6:1-16?
- Why is it sometimes easier to settle for okay choices instead of pursuing excellent ones?

## Day 3 – Truly Important or Just Urgent?

### KEY THOUGHT

If we are not careful, the urgent will take over the truly important, like reading the Bible and spending time with God.

### DISCUSSION QUESTIONS

- Does how you spend your time and money validate your “stated” goal?
- What do Hebrews 4:12, Ephesians 6:17 and Colossians 3:16 reveal about the importance of the Bible?
- What are the golf balls and pebbles in your life?

## Day 4 – Living for the Line Not the Dot

### KEY THOUGHT

If we want to make excellent choices, we need to use eternity as a filter in our decision making.

### DISCUSSION QUESTIONS

- What do you learn from Ephesians 5:15-17?
- How should we make decisions (James 4:13-15)?
- How can using eternity as a filter help us make excellent choices?
- How can you grow in pleasing God instead of others in your choices?

## Day 5 – Rest for the Weary

### KEY THOUGHT

Rest is an important biblical concept that we often overlook, causing unnecessary stress and anxiety in our lives.

### DISCUSSION QUESTIONS

- Why is rest important in our lives?
- How does Genesis reveal the importance of rest for us?
- What does Psalm 46:10 say?
- What are ways you can build in time to enjoy everyday moments?



# WEEK 4: *Ensnared by Fear*

## Day 1 – Facing Our Fears

### KEY THOUGHT

We will never experience the true peace of God if we allow fear to control our lives.

### DISCUSSION QUESTIONS

- How is fear impacting your life and influencing your relationships?
- How has fear influenced your decision making?
- What do Psalms 23:4, 27:1 and 34:4 say about fear?
- What are some of your greatest fears?

## Day 2 – Worried and Anxious

### KEY THOUGHT

One of the main reasons that we succumb to fear and worry is that we do not believe God.

### DISCUSSION QUESTIONS

- What are the top three things that you are currently worried about?
- What do you learn about worry from Matthew 6:25-34?
- Have you ever given a care to God only to take it back. What caused you to take it back?
- Why is our thought life and prayer life so important to overcome worry?

## Day 3 – Choosing to Be Courageous

### KEY THOUGHT

Fear and faith are rivals in our heart. To overcome our fear, we will have to stand firm in our faith and choose to act courageously.

### DISCUSSION QUESTIONS

- What do you learn from Isaiah 26:3?
- How does the story of David and Goliath encourage you to be courageous?
- How has God provided for you in an unexpected way?
- What do you learn about courage from Joshua 1:9 and 1 Corinthians 16:13?

## Day 4 – The Snare of Man

### KEY THOUGHT

If we are not careful, the fear of man will hinder us from fulfilling God's will and experiencing true peace in this life.

### DISCUSSION QUESTIONS

- What do you learn about the fear of man from Proverbs 29:25, Isaiah 51:7-8, and Psalm 118:6-9? Discuss the Genesis 12 passage about Abraham.
- Have you ever remained silent about God's truth because you thought speaking up would make your life harder? Explain.
- What is your favorite story about God's power?

## Day 5 – A Necessary Fear

### KEY THOUGHT

All Christians should have a fear of God, which is "astonished reverence."

### DISCUSSION QUESTIONS

- What does it mean to fear God?
- Do you think our society tends to focus more on the love of God or the fear of God? Do you find it hard to reconcile the two?
- What are some of the benefits of fearing the Lord?

# WEEK 5: *Overcome by Anger*

## Day 1 – Sin at the Door

### KEY THOUGHT

If we do not exhibit patience and control our anger, we will end up leaving a bitter legacy.

### DISCUSSION QUESTIONS

- Are you easily angered? What are some consequences of anger?
- Discuss the passage on Cain and Abel (Genesis 4).
- How has your onbringing impacted the way you deal with anger?
- How has Satan targeted your family, causing anger and division?

## Day 2 – Righteous Anger

### KEY THOUGHT

Righteous anger occurs when we are zealous for God, His laws, His cause, or for righteousness, and it is allowed.

### DISCUSSION QUESTIONS

- What do you learn about Jesus in the Temple in John 2:13-17?
- What is the difference between righteous and unrighteous anger?
- If we do not deal with our anger constructively, what do we give the devil?
- Is there anyone that you are currently angry with? How can you resolve the situation and not give the devil a foothold?

## Day 3 – The Heart Matters

### KEY THOUGHT

The heart matters because murder starts with a spark of anger, and it starts in the heart.

### DISCUSSION QUESTIONS

- How do Matthew 5:21-24 and 1 John 3:15 reveal the seriousness of anger?
- Why does the heart matter when it comes to anger?
- What do Proverbs 18:21, 21:23 and 29:20 say about our speech?
- As Jesus endured His persecution and trials before going to the cross, how did He respond?

## Day 4 – Overlooking an Offense

### KEY THOUGHT

Instead of becoming angry over minor issues, we need to extend mercy and overlook offenses.

### DISCUSSION QUESTIONS

- When you become angry, how do you normally respond?
- How do you deal with minor offenses or when someone says something that hurts your feelings?
- What does Matthew 5:7 reveal about mercy?
- Share an example of how God has been merciful with you in the last few weeks.

## Day 5 – Blessed are the Peacemakers

### KEY THOUGHT

God has called us to pursue peace with others and be peacemakers.

### DISCUSSION QUESTIONS

- What do you learn from 1 Corinthians 13:4-5 and Matthew 18:21-22?
- Why is it so hard to love and forgive others? What has helped you?
- What do Matthew 5:9 and Romans 12:18 say?
- How can you be a peacemaker?



# WEEK 6: *Wearied by Waiting*

Can you believe that we are almost done with the study? Hopefully, God has enabled your group to better understand the nature of peace.

If some of your members seem to fall back into their old habits, you may want to gently remind them that God did not redeem us because we were a perfect people, but because we were a sinful people. We will make mistakes and we will fail at times. Thankfully God's grace carries us!

## Day 1 – The Crucible of Time

### KEY THOUGHT

Our character is forged through the crucible of time and it cannot be by-passed or evaded.

### DISCUSSION QUESTIONS

- Why does God make us wait?
- Reflect on a situation in which God is growing your patience in the long-term?
- What do you learn about patience from Psalm 27:14, Psalm 37:7, and Psalm 40:1?

## Day 2 – Clinging to God's Promises

### KEY THOUGHT

Moving ahead of God forces us to settle for an earthly counterfeit instead of a divine blessing and often resulting in unnecessary pain and suffering.

### DISCUSSION QUESTIONS

- Have you ever manipulated a situation because you became tired of waiting? What was the result?
- Discuss Abraham and Sarah and the consequences of their choices.
- Why is it difficult to wait on God?
- Which Bible promises from the chart did you select?

## Day 3 – Trusting God for the Greater Glory

### KEY THOUGHT

God sometimes makes us wait in order to reveal a greater glory.

### DISCUSSION QUESTIONS

- Discuss Jesus raising Lazarus from the dead and making Mary/Martha wait.
- How has God grown your dependence on Him during times of waiting?
- Share any verses that have especially encouraged you to trust in the Lord and wait on Him.

## Day 4 – Patient Endurance

### KEY THOUGHT

Patience trusts God to work things out His way, on His timetable, and for His glory.

### DISCUSSION QUESTIONS

- What did you learn from Hannah's season of waiting?
- Can you think of something that God wants you to surrender?
- Do you find it hard to persevere and wait patiently on God when someone else receives the blessing you want? Explain.

## Day 5 – Waiting in the Wilderness

### KEY THOUGHT

Although the wilderness period is challenging, we will mature tremendously as God prepares us for service.

### DISCUSSION QUESTIONS

- How can Moses' wilderness period encourage you in your time of waiting?
- Have you ever experienced a wilderness, where you seem to have hit an impasse with God and feel forsaken and forgotten? Explain.
- Why is it hard to wait in the preparation phase? What has helped you in the past?

# WEEK 7: *Living for Self*

## Day 1 – An Ongoing Struggle

### KEY THOUGHT

Contrary to what the world says, true fulfillment and lasting peace are found in living for God and not for ourselves.

### DISCUSSION QUESTIONS

- Which parts of “Living for God” are the hardest for you?
- In our Christian walk, we can easily fall into spiritual consumerism, where we seek God for what we can receive from Him rather than who He is. In what areas do you fall into this trap?
- What do you learn from 1 Corinthians 10:31 and Isaiah 43:7?

## Day 2 – Dying to Truly Live

### KEY THOUGHT

Denying self means yielding to God’s will for our lives, even when it conflicts with our own plans or desires.

### DISCUSSION QUESTIONS

- Reflect on Dietrich Bonhoeffer’s definitions of cheap grace and costly grace. Do you view grace as costly? Why or why not?
- According to Matthew 16:24, if anyone wants to come after Jesus what must he or she do? What scares you about following Jesus?
- What do you currently need to surrender to God?

## Day 3 – He Must Increase

### KEY THOUGHT

Pride hinders us from knowing God deeply and experiencing his true peace.

### DISCUSSION QUESTIONS

- What do Proverbs 6:16-19, 15:25 and 16:18 say about pride?
- How has pride led to other sins in your life?
- How did John the Baptist reveal humility?
- Who is someone you know who exemplifies humility? What about this person stands out to you?

## Day 4 – Releasing Our Rights

### KEY THOUGHT

We must learn to surrender our rights for the glory of God.

### DISCUSSION QUESTIONS

- Discuss Abraham and Lot in the Genesis 13 passage.
- What do Philippians 2:3-4 and 1 Corinthians 10:24 say?
- Why is it hard to surrender our rights?
- Which rights do you need to surrender?

## Day 5 – A Portrait in Godly Living

### KEY THOUGHT

We are to offer our bodies as living sacrifices to God, going wherever He asks and doing what He commands.

### DISCUSSION QUESTIONS

- How did Jonathan serve as a portrait in godly living? What surprises you?
- Read Romans 12:1. What challenges you to be a living sacrifice?
- Discuss the exercise and list specific ways you can selflessly serve others.



# WEEK 8: Drowning in Discontentment

I cannot believe our time has come to an end. Thank you for persevering and encouraging your participants. I know it has not always been easy for you as the Leader, but the harvest is great! Because of you people are able to better know the Lord, His Word and His desires for their lives.

*Thank you!!*

## Day 1 – Restless for More

### KEY THOUGHT

Discontentment robs us of the enjoyment of today and the promise of tomorrow.

### DISCUSSION QUESTIONS

- What did Paul tell us in Philippians 4:11-13?
- What tends to increase or decrease your discontentment?
- Do you think living in our current society makes contentment easier or harder?
- Who do you know that seems to have it all but is not content?

## Day 2 – The Curse of Comparing

### KEY THOUGHT

Moving ahead of God forces us to settle for an earthly counterfeit instead of a divine blessing and often results in unnecessary pain.

### DISCUSSION QUESTIONS

- Why is comparing to other people a bad idea?
- What does Psalm 139:13-16 reveal about our creation and our uniqueness?
- Discuss the exercise about each person's uniqueness, giftings, blessings, and struggles.

## Day 3 – Threads of Thankfulness

### KEY THOUGHT

Thankfulness is one of the great keys to contentment and peace.

### DISCUSSION QUESTIONS

- What we do 1 Thessalonians 5:18 and 1 Timothy 6:6-12 say?
- Do you trust God to give you the right blessing and not always the blessing you desire? Explain.
- Can you think of any ways to weave threads of thankfulness into your life?

## Day 4 – Trusting in God's Wisdom

### KEY THOUGHT

Patience trusts God to work things out His way, on His timetable, and for His glory.

### DISCUSSION QUESTIONS

- What do you learn about God knowledge from Job 37:16 and Isaiah 42:8-9?
- How is discontentment with our situations ultimately an attack on God, His character, or His promises?
- Do you sometimes try to "instruct" the Lord by informing Him what would be best in a situation? Explain.
- How can knowing that God is wise help you to accept God's provision for your life and become content?

## Day 5 – Waiting in the Wilderness

### KEY THOUGHT

Although the wilderness period is challenging, we will mature tremendously as God prepares us for service.

### DISCUSSION QUESTIONS

- Do you believe that God is working wisely in your life? Are you currently struggling with any of God's choices? Explain.
- What are some "blessings in disguise" that you have experienced?
- What do you learn from Isaiah 55:8-9?
- How are God's thoughts not like our thoughts?

# Notes