

The Faith-Filled Catholic Women's Bible Study Program

Participant's Worksheet

Peace

Insert Q-1 through Q-4

Prayer for use during the Warm Up:

**Calm me, Lord, as you calmed the storm; still me, Lord, keep me from harm.
Let all the tumult within me cease, enfold me, Lord, in your peace.**

You can prepare for the discussion about the theme **Peace** by thinking about how you might answer the following questions:

What is peace? Have I ever felt truly at peace? What is the opposite of peace in my life?

What causes me to worry and have anxiety?

When was a time that I was worried or anxious and struggled to turn a concern over to God? Did I ultimately find peace? If so, how?

What is it that makes life sometimes seem like a series of races that must be won?

What do I do to minimize stress and pressure in my life?

Who is someone I know who seems at peace. Why do I think they feel that way?

Group Prayer - My intentions for group prayer this week:

Closing Prayer:

*Lord, make me an instrument of Your peace.
Where there is hatred, let me sow love; where there is injury, pardon;
where there is doubt, faith; where there is despair, hope;
where there is darkness, light; and where there is sadness, joy.
O, Divine Master, grant that I may not so much seek to be consoled as to console;
to be understood as to understand; to be loved as to love;
for it is in giving that we receive; it is in pardoning that we are pardoned;
and it is in dying that we are born to eternal life. Amen.*

My Personal Response in Peace for this week – Focus on a tendency that you struggle with in regard to maintaining peace in your relationships (being sarcastic, talking down to others, being dismissive of others' ideas, being abrasive, etc.). Memorize **Romans 12:18 (Page 232 NT)** and remind yourself to pray this verse when you are tempted to respond in a sinful way.

Other Scripture on **Peace**:

Psalm 85:9 (Page 662 OT) * Psalm 122:7 (Page 689 OT) * Isaiah 57:19 (Page 902 OT)

Luke 2:14 (Page 102 NT) * Luke 10:5-6 (Page 118 NT) * John 16:33 (Page 169 NT)

Ephesians 2:14-18 (Page 287 NT) * 2 Thessalonians 3:16 (Page 312 NT)