

Last week we talked about different ways we try to become righteous:

- 1) _____
- 2) _____
- 3) _____

What are some ways we looked at breaking the connection with our past by “Putting Off”...”Putting On” different lifestyle choices and habits?

- 1) _____
- 2) _____
- 3) _____

The breastplate that protects our hearts is the power of God as we put on Godly lifestyle choices. What changes have you made? Or are trying to make?

Today we are looking at shoes! When you shop for shoes what do you look for? Why? Let’s look back at our Roman soldier in Lesson5 p2. What is important in his shoes as he prepares to go into battle? Why is that important to him?

- 1) _____
- 2) _____
- 3) _____

Let’s look at a different kind of shoes. Our Father’s shoes. What do you think they might look like? What are some important features of His shoes? *By the Spirit’s power, we are going to start seeing the tracks of peace He can make, in our own hearts and also in our relationships and experiences with others. God’s footprints will show up everywhere you step.*

Turn in your Bibles to Ephesians 6:15. Please write it in the space below.

What spiritual virtue does Paul give to this piece of the soldier’s equipment?
_____. How would you describe peace? Describe the opposite of peace.

Anywhere peace is lacking the enemy is at work. Destroying your peace is at the top of his list. He wants to divide your relationships, disrupt your life, and cause disturbances within you and around you. He wants you to experience anxiety, worry, and turmoil. Having NO PEACE! He fills your relationships with frustration and disagreement.

How does he do this?

- 1) He uses our past sins—even though forgiven.
- 2) He also uses the past sins of others---family members, friends, co-workers etc.
- 3) If you have been a victim of abuse or injustice he takes that event and raises anger.
- 4) He turns this event into unforgiveness then raises it to bitterness and resentment.
- 5) With these strong emotional walls in place you are more likely to raise those walls to other people of good intentions from being allowed into your heart.
- 6) You then become on edge, defensive, unable to enter into close trusting relationships.

Any way he can he is out to steal your peace. Think in your own mind where you feel no harmony or peace in your life. Write in your language or English what that is for you.

Can you see the devil's hand in these experiences? A life without peace is unprotected, crippled, not able to move forward in maturing and developing in a healthy way.

Tell in what way you have seen a lack of peace crippling someone, making him or her unable to move forward in life? How have you seen this in your own life and relationships, holding you back? We can't always control the kind of ground we're forced to march across.

Shalom, the Hebrew word for peace found throughout the OT, does not mean there is not chaos, but rather an overall deep sense of harmony, health and wholeness in the presence of chaos.

How can we know if we have this deep sense of harmony in us?

- 1) When instability is all around us and you are able to remain steadfast.
- 2) When disappointment and confusion are near, you are still able to walk with the confidence, stability, and steadfastness in the Spirit.
- 3) that's when you know your feet are fitted "with the preparation of the gospel of peace" that is beyond our own understanding or comprehension.

Paul provides us with instructions to help us keep our sanity, enjoy stability and balance in our lives no matter how upsetting our circumstances have been or are.

In what sense can you expect God's peace to keep you steady and stable?

Psalm 119:165

Luke 1:78-79

Isaiah 54:10

Philippians 4:6-7

We are to "bear with one another". The journey towards unity can be difficult. Patience is a must. "Grinning and bearing it" can sometimes be a requirement. Choose to do your part. It doesn't mean you will be best friends with everyone.

Walking in peace and pursuing it with one another is Paul's prayer for us. Let's pray this Scripture together putting in "we" as we go: Ephesians 3:17-19.

What are some of the alternatives and substitutes people turn to rather than true biblical peace? a) _____ b) _____ c) _____

What escapes do you tend to seek when you are upset and trying to find peace?

a) _____ b) _____ c) _____

There are two stages of peace important for us to understand as we think about wearing the shoes of peace and standing firm against the enemy: **Peace with God - Peace that establishes our relationship with Him through our salvation and as a result we can experience the Peace of God.** Salvation isn't just about heaven. It's about being empowered through the Spirit on earth. (Eph 1:13) The Spirit brought us a fruit basket (Galatians 5:22-23) as well as empowerment on earth. Compare the fruit of the Spirit to Col.3:12-15 and Ephesians 4:1-3,15.

Memory Verse: Ephesians 5:8-9 "For you were once darkness, but now you are light in the Lord. Live as children of light (for the fruit of the light consists in all goodness, righteousness and truth)"

IS THERE AN ACTIVITY TO AVOID? The substitutes and alternatives to biblical peace turn out to be temporary, unsatisfying, and deceiving.

What did God show us today?

- 1) Any way he can the enemy steals your peace. He wants to disrupt your life, divide your relationships and cause you to experience anxiety, worry and turmoil.
- 2) Shalom, the Hebrew word for peace does not mean there is no chaos, but an overall deep sense of harmony, health, and wholeness in the presence of chaos.
- 3) In order to wear the shoes of peace and stand firm against the enemy we must have "Peace with God"; Peace that establishes our relationship with Him through our salvation and as a result we can experience the "Peace of God."

Compare Galatians 5:22-23 and Colossians 3:12-15 and Ephesians 4:1-3,15. Tell the attributes shared in these scripture. _____

Word Study:

- 1) chaos: confusion, lack of order, turmoil. Without peace in your home it can seem like chaos rules. But, God's peace is there for us at every step of the way.
- 2) crippled: a person who is disabled or impaired in some way. Without peace a life is unprotected, crippled, not able to move forward in healthy spiritual maturity.
- 3) dysfunction: abnormal or unable to function; not normal or of benefit. Relationships can be in such dysfunction they leave our ability to live well seriously affected. But God's peace can keep our emotional footing sure and stable.
- 4) instability: to be changeable and unstable, not stable or firm, not steady or predictable. Instability can keep us from thinking in a clear headed manner.
- 5) steadfast: fixed in direction, steady, firm in purpose, faith. Instability is all around us, yet you are able to remain steadfast in the Lord.
- 6) turmoil: confusion, great commotion, disturbance, disorder, uproar. The evil one creates turmoil in our families and relationships to destroy our peace.