



CELL GUIDE 2015

Theme	You Choose – Life Before & After
Topic	I Once Was Condemned, But Now Found Peace!
Speaker	DSP Chua Seng Lee
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Message Summary

Spiritual Objective: To Find Our Peace in God

God wants to give us His peace. *Shalom*, the Hebrew word for peace, meaning “wholesome wellbeing”, is the kind of holistic peace that He wants to give us. This peace can only be found in Christ – not in worldly information or knowledge, but in Christ Himself (Ephesians 2:14). When God’s peace is with us, nothing can condemn us. We do not have to bear any condemnation because Jesus paid the price for our sins. His gift of peace reconciles us to God.

Ps Seng Lee explains three things we must do in order to experience the peace of God.

How Can We Experience the Peace of God?

Sermon key verse: John 16:33

1) Die to Self “... in Me you may have peace. In the world you have tribulation...”

If we want to have peace, we cannot hold on to both God and the world. Instead, we need to hold on to God, while letting go of the worldly things we carry in our lives. Specifically, Ps Seng Lee expounded on one type of worldly thinking that affects our peace: automatic negative thinking habits (ANTS). Examples of ANTS include:

- Overgeneralisation – coming to a general conclusion based on a single event or one piece of evidence
- Filtering – concentrating on the negative while ignoring the positives or important information that contradicts your views
- All-or-nothing thinking – viewing things at the extremes with no middle ground
- Personalising – taking responsibility for something that is not your fault
- Catastrophizing – overestimating the chances of disaster
- Emotional reasoning – mistaking feelings for facts

The Bible challenges us to counter ANTS with a different set of thoughts and live by godly thinking. We need to use Scripture to examine whether we are putting on godly thoughts or not. For example, using Philippians 4:8 as a guide: Is this [thought] objectively true? Is this right with God? Is this pure and holy? etc.



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2) Devote Yourself to God

The peace of God comes only when we are in deep communion with Him. Two things which we can do to be in communion with God are:

A. Spend time with Him

We need to give God unhurried, quality time. Ps Seng Lee suggested that our devotions should take at least 15 minutes or more, as the first 5-10 minutes will be spent on de-cluttering our minds of worldly things, before we can truly focus on God.

B. Surrender to His calling

We need to surrender fully and be in total obedience to God. Surrendering to God is an ongoing journey, even for long-time Christians. The more we surrender to God, the more the fullness of His plans can emerge in our lives.

3) Depend on God *"...take courage; I have overcome the world."*

This line of the verse shows that Jesus has been victorious for us. Yet, in spite of His victory, we will struggle if we rely on our own strength rather than depend on Him. In our spiritual battles, we must walk with Jesus, by drawing strength through prayer and believing that Jesus will bring the final victory. To quote E. M. Bounds, "Nothing is well done without prayer for the simple reason that it leaves God out of the account." Importantly, as BBTC is called upon to go "beyond" in 2016, we are to rise above ourselves, and to do so we must depend on Him in prayer.

Questions

1) In John 16:33, Jesus proclaimed that peace can only be found in Him. Why do Christians sometimes neglect God in their search for peace?

(Fill In Answer Here)



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2) Reflect on an experience when you lost your peace. What were you thinking at that time?
How did you find the peace of God in that particular situation?

(Fill In Answer Here)

What is one step you would like to take to experience the peace of God more?

(Fill In Answer Here)
