



## SANCTUARY REFLECTION GUIDE

October 13, 2024

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**Title:** Beyond Our Understanding

**Preacher:** Rev. Paul Rasmussen

**Scripture:** John 14:27, Isaiah 26:3, Philippians 4:6-8, Luke 1:79

*“I’d give anything for a moment of peace!”* How many of us have said that? We just want a little peace from the stress, from the chaos, from the pressure, from the kids, from work. We all get to that place where even the strongest among us want a break. We turn to things we can do, take, drink, use, etc. to help us cope with our problems, but the peace we seek is elusive, always just beyond our grasp.

Jesus says it doesn’t have to be this way because *his* peace is always available. In this sermon, we consider all the wrong places we go looking for peace, and we dive into what it looks like to seek peace in the only place we will ever truly find it: God Himself.

### REFLECTION QUESTIONS

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1. What stuck out to you about this sermon? Was there an idea that was particularly meaningful or challenging for you?
2. Re-read John 14:27. Jesus willed us his peace rather than something like courage or strength. Why do you think he specifically chose to leave us his peace?
3. What are some things we turn to in our society for peace? Why are they fool’s gold?
4. The prophet Isaiah tells us that God will keep in perfect peace those whose thoughts are fixed on him (Isaiah 26:3). What are your thoughts fixed on when you wake up in the morning? When you are in the car or waiting in line? As you try to fall asleep?

5. Often we think that peace is the destination we are supposed to arrive at, but it's the path we walk on. How can we let God walk with us through difficult seasons, rather than expecting peace to come from solving problems?

## WEEKLY PRACTICE

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Take some time this week to practice trusting God—leaning on Him with your *whole* self like you would a sturdy chair. Spend a few minutes re-reading Philippians 4:6-8 and meditate on it. Then, allow the Apostle Paul's words to guide you through what it looks like to place your problems in God's hands:

- First, spend some time in prayer and petition. Think about the problems and stressors in your life, and offer them up to God. Instead of offering a general prayer, be specific. What are your concerns, anxieties, and needs today?
- Then, ask yourself this question: *what is true, noble, right, pure, and lovely in my life right now?* Take time to make a mental list or write things that come to mind down in a journal.
- And finally, offer God thanks and praise for these things.

Remember, trusting God doesn't mean ignoring your problems. We can acknowledge the reality of our struggles while choosing to focus on God and His presence in the middle of them.