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### WARM UP

Can you recall a time when you were overwhelmed by something or you felt frustrated towards a situation? How did you handle that? What did you do to regain your peace?

The Hebrew word, *shalom*, is taken from the root word, *shalam*, which means, "To be safe in mind, body, or estate." Although *shalom* can also describe the absence of war, a majority of biblical references refer to it as an inner completeness and tranquility. In Israel today, when greeting others or when saying goodbye, one says, "Shalom." This literally means, "May you be full of well-being," or, "May health and prosperity be upon you." If this is the way we understand biblical peace, then suddenly many verses take on a whole new meaning.

### WORD

Read [Luke 24:36-49](#)

In the New Testament, the Greek word for *shalom* is *Eirene*. Jesus recognised the lack of peace or *Eirene* the disciples would have felt following His death on the cross. So when Jesus appeared to them after He rose again, He greeted them with, "Peace be with you," or rather, "My Shalom/Eirene is with you."

## 1 Surprised by Peace

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<sup>37</sup>They were startled and frightened, thinking they saw a ghost. <sup>38</sup>He said to them, "Why are you troubled, and why do doubts rise in your minds? <sup>39</sup>Look at my hands and my feet. It is I myself! Touch me and see; a ghost does not have flesh and bones, as you see I have."

[Luke 24:37-39](#) (ESV)

Here we find the disciples so overwhelmed by grief following Jesus' death on the cross that they did not even recognise Him when He appeared before them. The disciples did not expect Jesus to return, despite all that He said would happen leading up to His death. Jesus had to prove that He could overcome death and restore peace and wholeness to His followers. Just like the disciples, sometimes we can also feel we are in a state of unrest as we endure tough times and the need of feeling at peace.

- Is it hard for you to believe that Jesus will help you through difficult times? Why or why not?
- How do you know when you don't have peace about something?
- What is your response to not having peace?

## 2 Peace that Makes us Whole

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<sup>1</sup>The Lord is my shepherd; I shall not want. <sup>2</sup>He makes me lie down in green pastures. He leads me beside still waters. <sup>3</sup>He restores my soul. He leads me in paths of righteousness for his name's sake.

[Psalm 23:1-3](#) (ESV)

In the midst of life's challenges and difficult times, God calls us to rest and lie down so that He can restore the condition of our souls. First, we need to surrender our situation to God so that He can work on our behalf and make us whole in body, soul, and spirit.

- Do you regularly take time out to check the condition of your soul (emotions and stress levels) with Jesus? Do you have a day of rest during your week to spend time with Him?
- Do you have someone you can meet up with on a regular basis to talk to and pray with about any challenges you may be going through?

## 3 Jesus is Our Peace

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<sup>1</sup>Therefore, since we have been justified by faith, we have peace with God through our Lord Jesus Christ. <sup>2</sup>Through him we have also obtained access by faith into this grace in which we stand, and we rejoice in hope of the glory of God.

[Romans 5:1-2](#) (ESV)

Jesus brings us into a constant state of Shalom/Eirene/Peace when He reconciles our relationship with God and gives us hope for the future. Through His brokenness on the cross, we are made whole and justified in the sight of God. He wants us to live in the knowledge of His peace in every situation we encounter. In order to have true shalom, Jesus has to be at the centre of our lives.

- Are there times when you feel God's love is far from you? If so, why?
- Have you noticed more peace in your life since coming to Christ? If not, why not?
- Are there areas in your life you have not fully surrendered to God?

### PRAYER

- Ask God to reveal any areas of your life that are not surrendered to His peace.
- Ask Jesus for His shalom to help carry you through any of life's challenges.
- Pray for shalom over your family and friends.
- Ask God to help you see anyone in your life who is in need of peace and wholeness and pray that He would give you opportunities to share Jesus with them.