“The ups and downs of your heart are like the waves of the sea, but the Holy Spirit is a calm place within you.”
- Ellen Stamps, Traveling Companion of Corrie ten Boom
(pg. 83, Guarded by Christ)

Psalm 107
Ezra 3:10-13

“... the wicked are like the tossing sea, for it cannot be quiet, and its waters toss up mire and mud. ‘There is no peace for the wicked’ says my God.” Isaiah 57:20-21 (AVB)

Shalom:

What is Heather’s image of our soul being guarded by peace?

This image helps our harassed heart move to place of harmony in our inmost being.

A harassed heart believes ______________________________________________________.

A harmonized heart believes ___________________________________________________.

Our wounds empower ________________________________________________________.

Read the following verses and note what each one says about worry or being anxious.

- Matthew 6:25-34

“Therefore humble yourselves under the mighty hand of God [set aside self-righteous pride], so that He may exalt you [to a place of honor in His service] at the appropriate time, 7 casting all your cares [all your anxieties, all your worries, and all your concerns, once and for all] on Him, for He cares about you [with deepest affection, and watches over you very carefully].”

1 Peter 5:6-7

The Greek word “epirrhipto” is the English word __________________

Epirrhipto is made up of two root words:
Epi: the superimposition of putting on or upon
Rhipto: the idea of sudden motion; to fling with a quick toss
A Stout Heart is a heart able rest in the truth that no matter where you are or what’s happening around you, God’s peace surrounds your soul, not necessarily your circumstances, so that you can say and believe,

__________________________________________________________.

“Now may the Lord of peace Himself grant you His peace at all times and in every way [that peace and spiritual well-being that comes to those who walk with Him, regardless of life’s circumstances].” 2 Thessalonians 3:16 (AVB)
Further Study:

1 – Even if you haven’t read any of the book, try to read the entirety of chapter 6 this week, “The Moat: From Harassed to Harmonized.” And if you can’t take time to read the whole chapter, read page 89 through the third paragraph of page 92.

2 – Read the following verses. Write what they say about peace.
Psalm 34:14; Psalm 37:37; Psalm 119:165
Isaiah 9:6; Isaiah 26:3
Jeremiah 29:11
John 14:27 (read in the Amplified version of the Bible if possible); John 16:33
Romans 8:6
Philippians 4:6-7
Colossians 3:15

3 – Do a word study on peace:
   • Look up “peace” in the concordance of your Bible and write out each verse; or pick ten of them to write.
   • Study 3 – 5 of those verses by looking them up in multiple versions of the Bible and looking up definitions of words.

Resources:
www.biblegateway.com
www.netbible.org
www.blueletterbible.org

4 – Choose one verse that has the word “peace” in it. Write it on an index card. Put it where you’ll see it often. Read and meditate on it for at least one week, if not longer.

5 – Consider memorizing that one particular verse.