

WEEK 3: FILLED WITH PEACE

Can we experience lasting peace in an anxious world?

Key Bible Passage – John 20:26–29
“Peace be with you... Don’t be faithless, but believe.”

Reflection

When have you felt most at peace?



What’s the difference between external peace and inner peace?



Where do you currently look for peace?



Engaging with the Story

Why do you think Jesus speaks peace to his disciples?



How do you relate to Thomas—full of questions?



What helps you believe or doubt?



Personal Response

What would it look like for you to receive peace from Jesus?



What questions or doubts do you still have?



Journaling Prayer

Jesus, you are alive and you speak peace into my life. You see my worries, my doubts, and everything that unsettles me—and still you come near.

Fill me with your peace, not just for a moment, but as something steady and lasting. Teach me to trust you, even when I don't have all the answers.

Amen

 My own prayer: