

# Session 4: Peace.

## How can we find rest in a stressful world?

Welcome to Session 4 of our teaching series on Romans. In this session you will find worship song suggestions, a sermon outline and a written prayer.

### KEY VERSE:

**‘Hope does not put us to shame, because God’s love has been poured out into our hearts through the Holy Spirit, who has been given to us.’**

ROMANS 5.5 (NIV)

### BIBLE READINGS:

Romans 5.1–5

### MAIN QUESTION:

What difference does the gospel make to our lived experience, especially when we face suffering and challenges?

### MAIN THEMES:

Peace, love, Holy Spirit, suffering, perseverance, hope.

### Context:

Having explored the problem of sin and the good news of salvation, Paul now brings us to a place of rest, enjoying the peace and love of God, before we continue on our journey.

### Summary:

Paul marvels at the wonder of the gospel; we can live in the certainty and security of knowing that we’ve been justified. We have peace with God, and access into his presence. And this is not just a factual or theoretical idea; we can experience God’s love as a daily reality, sustaining us through trials and filling us with hope.

### WORSHIP SONG SUGGESTIONS:

- Same Song
- Our God
- Oceans (Where Feet May Fail)
- How Great Thou Art
- I Stand Amazed In The Presence
- I Speak Jesus
- It Is Well
- King Of Kings







## CONCLUSION

## How do we live in the light of this?

Below are some suggested points of application. Feel free to select a couple of points which are most appropriate to your setting.

- Having presented the gospel over the last few weeks, this is a great opportunity to invite people to begin following Jesus. There is so much on offer: freedom from sin, the promise of eternal life, relationship with God, an experience of his love, peace that sustains us, and hope in the midst of trials.
- Write out your testimony, as a way of reflecting on how Jesus has changed your life. Try writing it in two halves: firstly, how did you become a Christian and what difference did it initially make? And secondly, how does your faith sustain and encourage you on a daily basis? Then, if you're feeling bold, find someone to share it with this week.
- Start every day by asking the Holy Spirit to fill you with a fresh awareness of God's love. You may find it helpful to sit quietly and breathe deeply, imagining the Spirit filling you. Thank God that you are free to enter his presence without fear.
- If you are going through a particularly challenging season, ask the Holy Spirit to help you develop resilience and character. You may want to read and reflect on Galatians 5.22–26, and ask the Holy Spirit for the particular character traits you need right now.

READING  
SUGGESTIONS:

- *Romans: A Letter That Makes Sense of Life* by Andrew Ollerton
- *The Message of Romans* by John Stott
- *Romans 1–7 For You* by Timothy Keller

WRITTEN  
PRAYER

'But God shows his love for us in that while we were still sinners, Christ died for us.'  
ROMANS 5.8 (ESV)

Lord Jesus, these are such beautiful and reassuring words. While we had our backs turned away from you, when we were disinterested or indifferent, while we were separated from you by our sinful and selfish actions, you died for us. Thank you for taking my place and thank you for exchanging my sin for your righteousness. Thank you that I'm a child of God with full access to the Father and the blessing of the Holy Spirit.