



SERMON BASED STUDY GUIDE

Pastor Charlie Riley

MORE THAN A NAME WEEK 5

OPENING & PRAYER:

Jehovah Shalom presents shalom as more than mere absence of conflict: it signifies wholeness, completeness, safety, health, rest, and perfected fullness. Gideon's story illustrates how God names a place of victory "the Lord is peace" after deliverance, showing peace as a settled reality that follows God's intervention even when circumstances look impossible. Israel's pattern of living in the promised land while thinking like slaves in Egypt exposes how wrong thinking—worry, fear, doubt, and fretting—keeps people from enjoying the promises already granted. Scripture calls believers out of anxious living: Matthew 6 and Philippians 4 command trust, prayer, thanksgiving, and the daily handing over of fears so God's peace, which surpasses human understanding, can guard heart and mind.

"Lord, thank You for bringing us together at this moment right now. We ask that You would stir our hearts and minds to be curious about You and kind to one another. Please reveal more of Yourself to us as we grow closer to You and one another. We thank You for this small group time we're about to have. In Jesus' name, amen."

SCRIPTURE:

So Gideon built an altar there to the Lord, and called it The-Lord-Is-Peace (Jehovah-Shalom). To this day it is still in Ophrah of the Abiezrites. **Judges 6:24**

"Therefore do not worry, saying, 'What shall we eat?' or 'What shall we drink?' or 'What shall we wear?' For after all these things the Gentiles seek. For your heavenly Father knows that you need all these things. But seek first the kingdom of God and His righteousness, and all these things shall be added to you. Therefore do not worry about tomorrow, for tomorrow will worry about its own things. Sufficient for the day is its own trouble. **Matthew 6:31-34**

Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God; and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus. Finally, brethren, whatever things are true, whatever things are noble, **Phil 4:6-9**

Whatever things are just, whatever things are pure, whatever things are lovely, whatever things are of good report, if there is any virtue and if there is anything praiseworthy—meditate on these things. The things which you learned and received and heard and saw in me, these do, and the God of peace will be with you. **Phil 4:6-9**

For the weapons of our warfare are not carnal but mighty in God for pulling down strongholds, casting down arguments and every high thing that exalts itself against the knowledge of God, bringing every thought into captivity to the obedience of Christ, **2 Corinthians 10:4-5**

Therefore, as the elect of God, holy and beloved, put on tender mercies, kindness, humility, meekness, longsuffering; bearing with one another, and forgiving one another, if anyone has a complaint against another; even as Christ forgave you, so you also must do. But above all these things put on love, which is the bond of perfection. And let the peace of God rule in your hearts, to which also you were called in one body; and be thankful. **Colossians 3:12-15**

Blessed are the peacemakers, For they shall be called sons of God. **Matthew 5:9**

Therefore do not be unwise, but understand what the will of the Lord is. And do not be drunk with wine, in which is dissipation; but be filled with the Spirit, **Ephesians 5:17-18**

But the wicked are like the troubled sea, When it cannot rest, Whose waters cast up mire and dirt. "There is no peace," Says my God, "for the wicked." **Isaiah 57:20-21**

I acknowledged my sin to You, And my iniquity I have not hidden. I said, "I will confess my transgressions to the Lord," And You forgave the iniquity of my sin. Selah **Psalm 32:5**

Come to Me, all you who labor and are heavy laden, and I will give you rest. Take My yoke upon you and learn from Me, for I am gentle and lowly in heart, and you will find rest for your souls. **Matthew 11:28-29**

Now may the God of peace Himself sanctify you completely; and may your whole spirit, soul, and body be preserved blameless at the coming of our Lord Jesus Christ.¹ **Thessalonians 5:23**

GO DEEPER:

Worry functions as a thief that first steals peace, then escalates into destruction; it casts tomorrow's shadows across today and works against God's purposes when trusted. Practical theology highlights seven pathways into peace: refuse to let uncontrollable circumstances dictate emotions; bring every concern to God in prayer with thanksgiving; discipline imagination and thought life by filling the mind with truth, nobility, and purity; repair broken relationships through forgiveness while maintaining wise boundaries; aim to live in God's perfect will by walking Scripture, walking with the Holy Spirit, and seeking godly counsel; be filled with the Spirit rather than running to vices; and confess unresolved sin to remove its snare. The peace of God demands active choices—meditation on what is true and praiseworthy, taking thoughts captive, and choosing reconciliation when possible.

The God of peace sanctifies and keeps spirit, soul, and body blameless; peace arrives not primarily as a feeling but as the fruit of obedience, confession, Spirit-filling, and trust. Practical examples—news consumption, uncontrolled imagination, and unaddressed sin—show how modern rhythms can erode shalom, while daily spiritual disciplines and relational repair cultivate it. The invitation closes with a call to receive the God of peace, to break off fear and worry, and to step into the rest Jesus offers.

KEY TAKEAWAYS:

1. Shalom means radical wholeness. Shalom extends beyond calm; it names the full restoration of life—health, safety, rest, and right relationship with God. Viewing shalom as wholeness reorients prayer and expectation away from temporary relief toward lasting transformation. This encourages a posture that asks for completed healing and restored order, not merely coping strategies. **[03:06]**

2. Never put faith in worry. Worry pretends to protect but always betrays, turning energy toward fear rather than faithful action. Trust reframes problems by placing them in God's hands and mobilizing prayer, gratitude, and obedience instead of frantic control. Choosing prayer over anxiety preserves today's strength and resists the thief who seeks to steal peace. **[10:57]**

3. Discipline imagination and thought life. Thoughts form the doorway to action; unchecked imagination feeds fear and false narratives. Taking thoughts captive and meditating on truth reshapes desires, habits, and ultimately destiny; disciplined thinking aligns inward life with Christ's obedience. Regularly rehearse Scripture and noble realities to retrain the mind toward life. **[26:24]**

4. Repair and forgive relationships. Peace requires relational work: forgiveness frees the heart even when reconciliation isn't safe or wise. Forgiveness restores inner peace by refusing to let offenses remain fuel for anger and unrest, while healthy boundaries protect from repeated harm. Pursuing peace with others reflects God's reconciling work and allows God's rule to govern the heart. **[31:15]**

5. Confess sin; be Spirit-filled. Unconfessed sin corrodes peace and creates inner turmoil; confession opens the way to restoration and rest. Filling life with the Holy Spirit replaces runs to vices and supplies empowerment for obedience, discerning God's will, and walking in freedom. Spirit-filled living sustains peace as a daily companion, not a momentary feeling. **[40:12]**

LEARNING AND GROWING:

1. According to Philippians 4:6–7, what are believers instructed to do with their anxieties, and what is the result of obeying this command?
2. How does uncontrolled imagination or negative thought patterns hinder a person from experiencing God's peace? **[26:24]**
3. Why is forgiveness essential for maintaining inner peace, even when reconciliation may not be possible or wise? **[31:15]**
4. What is one practical way you can "meditate on what is true, noble, and praiseworthy" **[22:17]** in your daily routine this week?
5. What "uncontrollable circumstances" **[18:24]** (news, politics, health, etc.) tend to steal your peace? How can you limit their influence over your emotions?

CLOSING PRAYER:

"Father, thank you for the opportunities to grow in our faith. We will continue to lean on Your Word as we grow to bring people to know you. In Jesus' name we pray, amen."