

Session 4: Peace.

How can we find rest in a stressful world?

ROMANS 5

KEY VERSE:

**'But God demonstrates his own love for us in this:
while we were still sinners, Christ died for us.'**

ROMANS 5.8 (NIV)

Romans 5 reflects on our experience of salvation.

How confident are you that God loves you?



Part I: God's peace is a certain fact

How does the death of Jesus put us right with God?



PEACE WITH GOD

'Therefore, since we have been justified through faith, we have peace with God through our Lord Jesus Christ ...'

ROMANS 5.1 (NIV)



ACCESS TO GOD

'... through [Christ] we have gained access by faith into this grace in which we now stand.'

ROMANS 5.2 (NIV)

How does the death of Jesus put us right with God?

'... while we were still sinners, Christ died for us.'

ROMANS 5.8 (NIV)



Discussion time

READ ROMANS 5.1–2, 9–10

1. What has helped you to become more assured of God's love for you personally?
2. In what ways do we struggle to believe that we have peace with God? How does Romans 5.1–2 help us to overcome this?
3. Do you ever struggle in worship or feel unwelcome in God's presence? What keeps you at a distance from God? How can Romans 5.9–10 help us?

Part II: God's peace is a lived experience

WE EXPERIENCE GOD'S LOVE EVEN THROUGH SUFFERING

As Christians, we won't avoid suffering but we can experience it in a different way.

'Not only that, but we rejoice in our sufferings, knowing that suffering produces endurance, and endurance produces character, and character produces hope ...'

ROMANS 5.3-4 (ESV)

WE EXPERIENCE GOD'S LOVE BY THE HOLY SPIRIT

We can know God loves us as a fact (Romans 5.8) and feel God's love as a personal experience.

'... God's love has been poured into our hearts through the Holy Spirit, who has been given to us.'

ROMANS 5.5 (NIV)

Part II: Reflection time

READ ROMANS 5.3–5

How can God's love make us more resilient during tough times? How have you experienced this in your own life?



PRAYER

Take a moment to read Romans 5.5. Pray over it and ask God for a fresh experience of his love and peace in our hearts.

NOTES:



READING ROMANS:

Before the next session, read the following passages in Romans:

- READING 1:
Romans 6.1–11
- READING 2:
Romans 6.12–14
- READING 3:
Romans 6.15–23
- READING 4:
Romans 7.1–6
- READING 5:
Romans 7.7–25



READING SUGGESTIONS:

- Chapter 4 of
Romans: A Letter That Makes Sense of Life
by Andrew Ollerton