



## Study Guide, Episode 86—How to Feel Peace in Trials

1 Corinthians 14-26

00:00-13:01	"QOTW: Where do I find peace & how do I feel it?"
13:02-28:27	"Mental health challenges & peace; Cognitive dissonance"
28:28-38:54	"Understanding & edifying others brings peace"
38:55-46:33	"Christ was resurrected, & so will we be; Be steadfast & receive grace"
44:50-END	"Baptism for the dead; Eternal glory; Love God & feel peace"

1. What words come to mind when you think about the world? What do you feel about the world as it is today? Write these down. Then, note: are any of these words related to "peace" or describing peace? Why or why not?
2. What does knowing that "Christ is the author of peace" mean to you? How does this knowledge influence your daily habits and life? What might you do to more fully receive the peace that only He can give?
3. What does it feel like when you feel the spirit? What does it feel like in your body, mind, heart, relationships, spirit? Write about this in your journal. Then, try this week to focus more on feeling and receiving the Spirit, and specifically to receive the peace of Christ.
4. What does "understanding" mean to you? How do you know when you have understanding? When do you need understanding? Where are you lacking in understanding? Tune in to how this occurs and feels for you, this week.
5. What kind of understanding do you need right now? How are you seeking understanding? What can you do to better seek and receive understanding, this week?
6. How does the Holy Ghost communicate to you? Do you hear words? Feel emotions or impressions? Receive answers or guidance from others? Notice the many ways the Spirit speaks to you, and focus this week on hearing Him more, & receiving His peace.
7. What does it mean to you that Jesus Christ was resurrected? That we all will be resurrected? How does this influence your life? Your actions, beliefs, habits, relationships? How does this help when you're going through loss or grief? Write about this in your journal. Then, seek to discuss this with your family, a friend, or someone you love, this week.

### Resources

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