

And the peace of God, which passeth all understanding, shall keep your hearts and minds through Christ Jesus. (Phi. 4:7) What do you think it means to have the "peace of God"? How is that different than the peace of men?

Make two columns with Peace of God and Peace of Men as the headings. Have the youth write under each column

what they think they mean.  
For example under peace of men:  
no wars, no fighting, no oppression,  
no injustice, no disease, etc.  
Suggestions for Peace of God:  
Comfort of the Holy Ghost,  
Clear conscience, serenity.

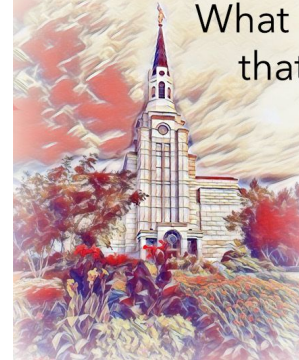
**1**



"But learn that he who doeth the works of righteousness shall receive his reward, even peace in this world, and eternal life in the world to come." (D&C 59:23.)

What are "works of righteousness" that you are doing right now?

**3**



Read the first two verses of hymn 129, "Where Can I Turn for Peace?" with the youth. Are there any trials we face that the Savior does not understand? Are there any sorrows for which the Lord cannot give comfort? Why? What do we need to do to take full advantage of what "He" offers?

Read the last verse together as a group.

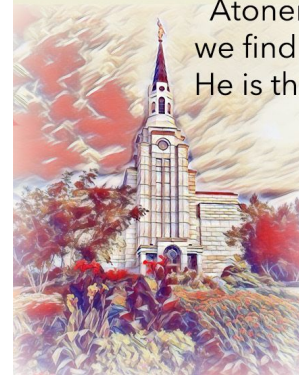
**2**



These things I have spoken unto you, that in me ye might have peace. In the world ye shall have tribulation: but be of good cheer; I have overcome the world" (John 16:33).

What does tribulation mean? (trial; test)  
We will not be free from trials in this life. But we don't need to let those trials bring us down or make us afraid. Jesus Christ has overcome the world through the Atonement. As the scripture says, it is in Him that we find peace. We can be of good cheer because He is there for us and will help us. When we come to know Christ, not just know about Him but really KNOW Him, we will have peace that endures. It will be peace that is not dependent upon outside forces beyond our control.

**4**



"It is only through following the Savior that any of us can find peace and serenity in the trials that will come to all of us.

"The sacramental prayers help us to know how to find that peace amidst the tribulations of life. As we partake of the sacrament, we can determine to be faithful to our covenants to follow Him.

"We each promise to remember the Savior. You can choose to remember Him in the way that best draws your heart to Him."

(Henry B. Eyring, Peace in This Life, December 2016 Ensign)

What are some ways you remember the Savior each day?

**5**

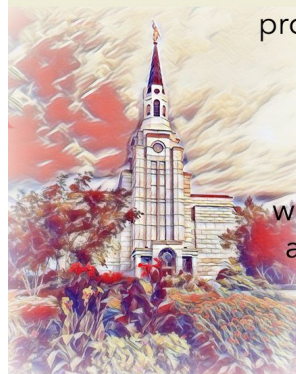


"For the mountains shall depart and the hills be removed, but my kindness shall not depart from thee, neither shall the covenant of my peace be removed, saith the Lord that hath mercy on thee." (3 Nephi 22:10)

What are the two things the Lord promises will never depart or be removed? (kindness and the covenant of peace)

The Lord is there for us ALWAYS. He promises that His covenant of peace will not be removed, even after mountains and hills erode away He will still be there.

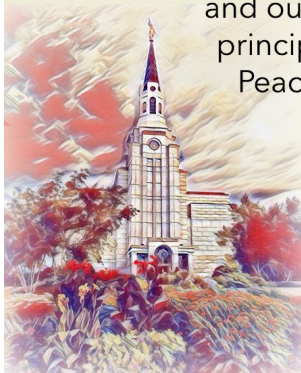
**7**



"Despite dismal conditions in the world and the personal challenges that come into every life, peace within can be a reality. We can be calm and serene regardless of the swirling turmoil all about us. Attaining harmony within ourselves depends upon our relationship with our Savior and Redeemer, Jesus Christ, and our willingness to emulate him by living the principles he has given us." (Joseph B. Wirthlin, Peace Within, April 1991 General Conference)

What are you doing to develop a relationship with Jesus Christ?

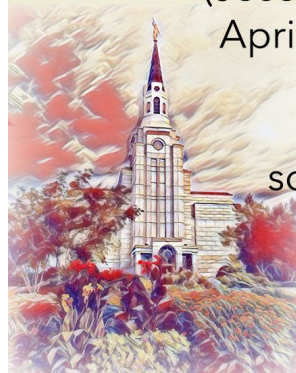
**6**



Latter-day Saints are obligated to seek inner peace not only for the blessing it is to them but so they can radiate its influence to others. (Joseph B. Wirthlin, Peace Within, April 1991 General Conference)

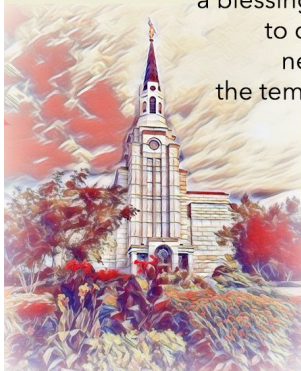
How have you helped someone else feel peace?

**8**





One way to bring peace to others is by finding the names of your ancestors and taking them to the temple. Elder Neil L. Andersen said, "When we see ourselves in perspective of our family, those who came before us and those who come after us, we realize how we are part of a wonderful link that connects us all together. As we search them out and take their names to the temple, we bring to them something they cannot obtain without us. In doing so, we are connected to them, and the Lord through His Spirit confirms to our soul the eternal importance of what we are doing. . . As an Apostle of the Lord Jesus Christ, I invoke a blessing upon all within the sound of my voice; as you seek to contribute to this sacred work, both by finding those needing ordinances and then beginning their work in the temple, your own knowledge and faith in the Savior will increase, and you will receive a more certain witness that life continues beyond the veil."



Have any of you found names of ancestors who needed their temple work done? Can you share an experience with us?

**9**

Each time we attend the temple—in all that we hear, do, and say; in every ordinance in which we participate; and in every covenant that we make—we are pointed to Jesus Christ.

We feel peace as we hear His words and learn from His example. President Gordon B. Hinckley taught, "Go to the house of the Lord and there feel of His Spirit and commune with Him and you will know a peace that you will find nowhere else."

(Bishop W. Christopher Waddell,  
A Pattern for Peace,  
April 2016 General Conference)

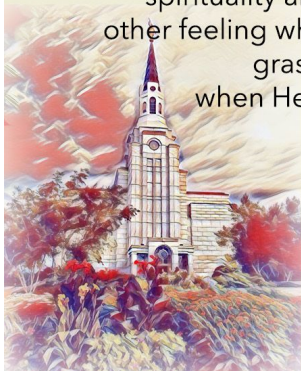


How does the temple help you feel peace?

**11**

"As I think of temples, my thoughts turn to the many blessings we receive therein. As we enter through the doors of the temple, we leave behind us the distractions and confusion of the world. Inside this sacred sanctuary, we find beauty and order. There is rest for our souls and a respite from the cares of our lives.

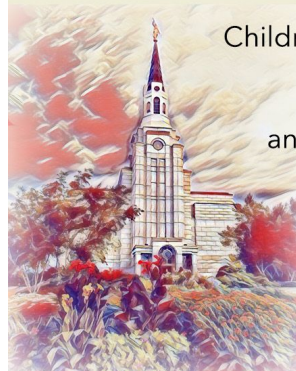
"As we attend the temple, there can come to us a dimension of spirituality and a feeling of peace which will transcend any other feeling which could come into the human heart. We will grasp the true meaning of the words of the Savior when He said: "Peace I leave with you, my peace I give unto you. . . . Let not your heart be troubled, neither let it be afraid." (Thomas S. Monson, Blessings of the Temple, April 2015 General Conference)



**10**

"Do you young people want a sure way to eliminate the influence of the adversary in your life? Immerse yourself in searching for your ancestors" (Richard G. Scott, "The Joy of Redeeming the Dead," Oct. 2012 general conference).

"I promise you will be protected against the intensifying influence of the adversary. As you participate in and love this holy work, you will be safeguarded in your youth and throughout your lives" (David A. Bednar, "The Hearts of the Children Shall Turn," Oct. 2011 general conference).



As you participate in family history work and attend the temple you have been promised by apostles of God that you will be protected against the influence of the adversary. Now there's a great way to find peace!

**12**