

SPECIAL LESSON

Bible Study: The Art of Peaceful Living

Bible Study Preparation and Materials Needed:

Reflecting on: Faith and Martyrdom

Passages and Verses Used in this Bible Study

Genesis 3:1-24

Isaiah 26:3 (NIV): “You will keep in perfect peace those whose minds are steadfast, because they trust in you.”

Romans 12:18 (NIV): “If it is possible, as far as it depends on you, live at peace with everyone.”

Colossians 3:15 (NIV): “Let the peace of Christ rule in your hearts, since as members of one body you were called to peace. And be thankful.”

Psalms 34:14 (NIV): “Turn from evil and do good; seek peace and pursue it.”

2 Thessalonians 3:16 (NIV): “Now may the Lord of peace himself give you peace at all times and in every way. The Lord be with all of you.”

John 14:27: “Peace I leave with you; my peace I give to you.”

Philippians 4:7: “And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.”

Memory Verse:

“Do not fear, for I am with you; do not be dismayed, for I am your God.”

- Isaiah 41:10

Bible Study Lesson

Open with prayer:

Իմաստութիւն Յօր՝ Յիսուս, տո՛ւր ինձ իմաստութիւն, զբարիս խորհել եւ խօսել եւ գործել առաջի Քո՝ յամենայն ժամ. ի չար խորհրդոց, ի բանից եւ ի գործոց փրկեա՛ զիս. եւ ողորմեա՛ Քո արարածոց եւ ինձ բազմամեղիս: Ամէն

Eemasdootyoon Hor Heesoos, door eents eemasdootyoon uzparees khorel yev khosel yev kordz arachi ko hamenayn jham. Ee char khorhrtos, ee paneets yev kordzots prgya zees yev voghormya ko araradzots eents pazmameghees. Amen.

Wisdom of the Father, O Jesus, grant to me the wisdom to think, speak, and do that which is good in Your sight. Save me from all evil and distracting thoughts, words, and deeds. Have mercy upon your creatures and upon me, a great sinner. Amen.

The Art of Peaceful Living

Read Together: Genesis 3:1-24

Adam and Eve lived in perfect harmony with God in the Garden of Eden, enjoying a life filled with peace and joy. However, when they disobeyed God's command, they experienced fear, blame, shame, and separation for the first time. Their choice disrupted the peace that once defined their lives. The expulsion from Eden symbolizes the broken relationship between humanity and God. At the first glance we may see God being upset and unforgiving. Yet a deeper look shows us how He gave Adam and Eve a chance to explain themselves. The act of disobedience was not the only issue that the first humans faced. Most importantly, they did not own up to their mistake. Instead Adam blamed Eve, Eve blamed the Serpent. The trust between them and God was broken.

This story challenges us to consider how our own choices can disrupt peace. As we read Genesis 3:1-24, we reflect on how Adam and Eve lived in perfect peace with God in Eden. Their disobedience disrupted this peace, leading to fear, blame, shame, and separation. We understand how God's response to Adam and Eve's mistake shows not only justice but also mercy, offering a path back to peace through repentance.

Q: *What does it mean to leave in peace?*

Peaceful living means more than avoiding conflict. It involves living in a way that reflects God's love in our thoughts, actions, and relationships. For many of us, peace is connected to trust, forgiveness, patience, and honesty. When Adam and Eve disobeyed God, they lost this harmony. However, peaceful living is still achievable when we intentionally cultivate relationships with God, others, and ourselves. Jesus teaches us that peace comes from living in accordance with God's will. As we reflect on Expulsion Sunday, we are reminded that Lent offers a time for us to restore that peace by seeking forgiveness and renewing our connection with God.

Q: *What does it mean to live peacefully with others?*

Q: *How can we find peace within ourselves?*

Q: *How does living peacefully reflect our relationship with God?*

Q: *How does Jesus restore the peace that Adam and Eve lost?*

True peace isn't just the absence of conflict—it's the presence of God's love in every part of our lives. After the expulsion, humanity was invited to restore peace through repentance, prayer, and right living. This is what Great Lent prepares us for: a return to peace with God.

Expulsion Sunday teaches that when we break peace through sin, God provides a way back. The Lenten journey is a time to reflect, ask forgiveness, and restore harmony. There are many verses in the Bible that reflect on this:

Isaiah 26:3 (NIV): *“You will keep in perfect peace those whose minds are steadfast, because they trust in you.”*

Romans 12:18 (NIV): *“If it is possible, as far as it depends on you, live at peace with everyone.”*

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These verses remind us that true peace isn't just the absence of conflict—it's the presence of God's love in every part of our lives. After the expulsion, humanity was invited to restore peace through repentance, prayer, and right living. This is what Great Lent prepares us for: a return to peace with God.

Q: *What steps can we take during Lent to experience this peace?*

1. Peace with God:

- Daily prayer
- Bible reading,
- participating in the sacraments,
- especially confession

2. Peace with Others:

- Forgiving those who have hurt us
- Avoiding gossip
- resolving conflicts with kindness
- Practicing patience and understanding

3. Peace Within Ourselves:

- Letting go of guilt by trusting in God's forgiveness
- Setting aside quiet time for reflection
- Recognizing our worth as God's children

Small Group Challenge:

Each person writes one commitment to restore or maintain peace in one of these three areas during Lent.

Summery:

Expulsion Sunday reminds us that while humanity lost the peace of Eden through Adam and Eve’s disobedience, God’s love never ceased. The story is not merely one of loss but also of hope and restoration. Through Jesus Christ’s life, death, and resurrection, God offers a path back to peace—a peace unlike anything the world can provide. As John 14:27 assures us, Christ gives a peace that calms troubled hearts, and Philippians 4:7 speaks of a peace that guards our hearts and minds beyond understanding.

Great Lent invites us to walk this path of restoration. It is a season of repentance, humility, and healing—a time to allow Christ to mend the broken areas of our lives. The journey toward God’s peace requires daily intention: choosing love for God, love for others, and love for ourselves. This commitment to peaceful living reflects the art of restoring what was lost.

As we reflect on Expulsion Sunday, let us embrace the Lenten call to return to God’s peace. Choosing peace is not a one-time decision but a daily practice—a way of life grounded in walking with God, living in love, and allowing divine peace to shape our hearts.

Optional Reflection Activity:

Provide students with a simple sheet that says: “What Does Peace Look Like in My Life?” with space for:

- A drawing representing peace
- A short prayer asking for peace
- A Lenten goal for peaceful living

Close with prayer:

Պահապան ամենայնի Քրիստոս, աջ Քո հովանի լիցի ի վերայ իմ, ի տուէ եւ ի գիշերի, ի նստիլ ի տան, ի գնալ ի ճանապարհ, ի ննջել եւ ի յառնել, զի մի երբեք սասանեցայց եւ ողորմեա՛ Քո արարածոց եւ ինձ բազմամեղիս: Ամէն

Bahaban amenayn Kreesdos, ach Ko hovanee leetsee ee vera eem; ee dveh yev ee keesheree, ee nsdeel ee dan, ee knal ee janabarh, ee nunchel yev ee harnel, zee mee yerpek sasanetsayts yev voghormya Ko araradzots yev eents pazmamyghees. Amen.

O Christ, guardian of all, let Your right hand guard and shelter me, by day and by night, at home and abroad, in sleeping and in waking, that I may never stumble. Have mercy upon Your creatures and upon me, a great sinner. Amen.