

Peace that Cannot Be Taken

Use this section for study and reflection.

1. Momentary Suffering (vv. 16–22)

- How does Jesus redefine sorrow in this passage?
- What does the illustration of childbirth teach us about the *process* of transformation in suffering?
- Think of a time when grief gave birth to joy in your own life. How did God meet you in the “little while”?

Greek Insight:

The word “*grief*” (λύπη, *lypē*) means distress that leads to change — it’s the same root used for repentance (*metanoia*). God can turn your sorrow into sanctification.

2. Monumental Sufficiency (vv. 23–28)

- Jesus invites us to pray directly to the Father “in His name.” What does that reveal about our access to God?
- What might it look like for your joy to be made *complete* in prayer?
- How does knowing “the Father Himself loves you” reshape the way you pray?

Reflection Prompt:

Write out a prayer to the Father today — not to earn His attention, but to enjoy His affection.

3. Momentary Scattering (vv. 29–33)

- The disciples claimed, “Now we believe!” yet fled hours later. What does that say about our own fragile faith?
- Jesus said, “*You will leave Me alone, yet I am not alone.*” How does this model peace in the midst of abandonment?
- What does it mean to “take heart” when the world feels overwhelming?

Greek Insight:

The phrase “*take heart*” (θαρσεῖτε, *tharseite*) means “*be of good courage, be confident.*” It’s not emotional hype — it’s spiritual steadiness anchored in victory.

4. Application

- Where are you currently experiencing “momentary sorrow”?
- How would your peace change if you saw it as a womb where joy is being formed?