

**Gathering #1087/Livestream #307
January 25, 2026
sermon: Peace at Home**

Psalm 128: an ideal

**Good marriages, healthy families,
and peaceful homes in the Bible:**

Peace at home

some places to start:
Ephesians 4 and 5
Colossians 3
Proverbs 15

“Domestic monastery”

practice(s):

 **watch/listen to Emmaus sermons:**
emmaus.chuch/sermons, or search:
“emmaus church community” on apple podcasts

Nathan Oates 1.25.2026

WELCOME TO EMMAUS

**We're so glad you're here!
Scan here to get connected:**



NEXT:

Today: Financial Legacy Info Lunch:
12:30, Theater

2.01: New to Emmaus Lunch:
12:30, Cottage (scan “events”
QR code - below - to sign up).

2.15: Annual Community Meeting:
9a & 11a, Theater

2.18: Ash Wednesday: 6:30p, Theater

EVENTS | HOME GROUPS | SERVE



DISCUSSION QUESTIONS:

- Read Psalm 128. What feels life-giving to you—and what feels unrealistic or even painful?
- Read Eph. 4:1-3. Which of these: humility, patience, bearing with others - is hardest to practice at home?
- Colossians 3:12-14 uses the image of “clothing yourself” in virtues. Which of these do you most need to “put on” at home?
- Imagining home as “domestic monastery” invites us to learn love through repetition, limits, and commitment. What parts of home life feel most like spiritual practice?
- If home is the place to practice peace: What is one small, concrete practice you could commit to this week—
 - a word you will avoid,
 - a habit you will begin,
 - or a posture you will adopt?