

# SESSION 5

## SMALL GROUP GUIDE



## SMALL GROUP **A Peaceful Life**

### **Getting Started**

Peace is more than just a moment of calm. It's a deep-rooted trust in God, even when life feels uncertain. As we dive into Week Five, let's kick things off by discussing these questions:

- Describe a time in your life when you were truly at peace.
- What worries or challenges make it hard for you to feel God's peace and trust in His promises?



## SESSION 5 Video Notes

Anxiety: To be distracted, divided, or pulled apart.

**Matthew 6:25:** *“Therefore I say to you, do not worry about your life, what you will eat or what you will drink; nor about your body, what you will put on. Is not life more than food and the body more than clothing?”*

Sources of Anxiety:

\_\_\_\_\_ Living

Legitimate \_\_\_\_\_

Irrational \_\_\_\_\_

### How We Biblically Live Free Of Anxiety:

1. Bring your worries to God in \_\_\_\_\_.

**Philippians 4:6:** *Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God.*

2. Trade your worry for \_\_\_\_\_.

**Philippians 4:6-7:** *Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God; and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus.*

3. Focus your mind on the \_\_\_\_\_.

**Philippians 4:8:** *Finally, brethren, whatever things are true, whatever things are noble, whatever things are just, whatever things are pure, whatever things are lovely, whatever things are of good report, if there is any virtue and if there is anything praiseworthy—meditate on these things.*

**Answer Key:** *Irresponsible, challenges, fears, 1. prayer, 2. worship, 3. pure and the positive things*

## LET'S DISCUSS

In this section, discuss how you will apply the insights you've gained from the sermon and small group study. Then, talk about practical steps you can take to live out what you've learned.

Read **Isaiah 26:3** as a group:

*"The steadfast of mind You will keep in perfect peace, because he trusts in You."*

1. What does it mean to have a "steadfast mind"?

Anxiety has become a significant challenge for many in our world today. What are some ways we can give our anxieties to God and receive His peace?

2. How does trust in God lead to perfect peace?

3. In what areas of your life do you struggle to trust God?

4. How can we trade our worry for worship?

Read **Philippians 4:8-9** as a group:

*Finally, brethren, whatever is true, whatever is honorable, whatever is right, whatever is pure, whatever is lovely, whatever is of good repute, if there is any excellence and if anything worthy of praise, dwell on these things. The things you have learned and received and heard and seen in me, practice these things, and the God of peace will be with you.*

5. How can focusing on these virtues impact our daily lives?

6. Why is it important to "dwell" on these things?

7. Can you share a time when pure and positive thinking changed your perspective?

8. How can we practice these principles in our daily interactions with others?

## GO TO GOD

When we feel worried or scared, God's peace is a safe haven for our hearts and minds. He promises a special kind of peace that's deep and real. One that doesn't have its origin on earth. Best, He's there for our big worries and our everyday ones, too. Nothing is too big or too small to matter to God, or to see Him move.

### **Take time to:**

1. Share where you're looking for peace in your life—maybe it's something that's been on your mind a lot.
2. Pray for your friends and family, and make a note to keep them in your prayers this week.
3. Talk about the good things happening in your life! What are you thankful for? How has God shown up for you?



