

INKED

some things don't change

PEACE • WEEK 1 • NOV. 19/20, 2011 (JASON ANDERSON)

INTRODUCTION

Living in a fallen world, worry is something we all experience. Worrying about our future, our health, our kids, whether or not we are measuring up at work, school, family life...the list goes on and on. But is this what God wants for us? No. He wants us to feel at peace, but how do we experience that? Let the scriptures and questions below guide your discussion on how to lessen your anxiety and experience the peace Christ promised to those who trust

DISCUSSION QUESTIONS

1. Have you ever come home to a "surprise" like Jason did when his daughter made a "small hole" in the garage wall? Tell a story of a time when something threw you off and brought on unexpected anxiety—big or small. How did you handle it?
2. Read **John 14:27**. Jesus teaches us that we can't gain peace from the world, only through Christ. What in this world consistently worries you? What has caused you stress and kept you up at night? Would you consider it situational worry or chronic anxiety?
3. Have you ever had a time where you felt God's peace? Where you let go of a worry that had been troubling you and gave it to God? How did you reach that point?
4. Read **Philippians 4:6-7**. Paul teaches us that having an active prayer life will help us gain peace. Do you have an easier time petitioning God or taking action on your own? Explain. Is there something in your life that you need to take action in, both vertically and horizontally?
5. Do you struggle with any "what if" questions? How can you push past them to experience God's peace in your life? Rather than worrying and struggling through something uncertain, what can you thank God for today?
6. Read **2 Corinthians 12:8**. Paul was asking God for healing, but the answer he received was: "My grace is all you need." Have you ever prayed for something and felt God was ignoring your requests? Explain. If you are still struggling through this prayer, what action step can you take to move forward and experience God's peace like Jason's friends with the headaches did?

THINK ABOUT IT

Re-visit the suggested prayers that Jason shared. Find a quiet place away from distraction to work through the prayer that God leads you to. Take a step towards the promise of peace given to you through Christ.

MEMORIZE

"Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus."

—PHILIPPIANS 4:6-7

