



part 2, Peace

REMINDER: This guide is intended to spark meaningful conversation, not exhaustive coverage. The goal is connection, not completion. So feel free to spend extended time on just one or two elements that resonate with the group. Aim for heartfelt connection & personal application. Finally, trust the Holy Spirit to guide your discussion in the areas most needed by your group and enjoy!

Icebreaker: On Saturday, Dec 12 from 11 am to 1 pm at NewStory Church, we have our Neighborhood Christmas Festival! Share about your experience at this event and discuss if you plan to make it out!

- 1) The sermon defined biblical peace (*shalom* in Hebrew or *eirene* in Greek) as “wholeness... nothing missing, nothing broken”. Where do you currently feel most fragmented: mentally, emotionally, or spiritually? What would wholeness look like in that area of your life?
- 2) The message compared true peace to the eye of a hurricane — calm in the center of chaos. When have you experienced God’s peace in the middle of a difficult situation - not after it ended? What helped you recognize His presence in that moment?
- 3) Paul writes: “For He Himself is our peace.” When you’re anxious, what are you most likely to run to instead of Jesus? What would it look like to seek the Person of peace rather than just the feeling of peace?
- 4) The sermon warned about three false-peace substitutes: Circumstances, Chemicals, and Control. Which of these do you most often look to when life feels chaotic? What does it promise you... and how does it ultimately fall short? This week, what is one practical step toward true peace in Jesus?
- 5) Take a look at the picture below. We were invited to make two lists - What I CAN control and What I CAN’T control - like Mary did, finding peace through surrender. Take some time to make your own lists and share with one another.



- 6) Philippians 4:6-7 promises a peace that surpasses understanding and guards our hearts/minds. What are the thoughts or fears currently “guarding” your heart? How could prayer and surrender shift what is guarding your inner life?
- 7) T.S. Eliot: “We had the experience but missed the meaning...” referring to the guided Sign-of-the-Cross prayer. How did that embodied prayer time feel for you - ex: uncomfortable, refreshing, confusing? What meaning behind that practice do you think God might want you to discover? How could approaching the meaning help you experience Christ’s peace, not just observe a ritual?