

Series: Family Sunday stand alone sermon

Sermon: “I am leaving you a gift...” – Jesus

Primary Text: John 14:27 NLT

Discussion guide:

- What are you worried about?
- Studies have shown that adolescents and children are developing anxiety issues at younger and younger ages, why do you think this is?
- Read John 14:27 NLT, “I am leaving you with a gift—peace of mind and heart. And the peace I give is a gift the world cannot give. So don’t be troubled or afraid.”
- What is the significance of this peace being for the mind and heart?
- Why can’t the world give this sort of peace?
- If Jesus has left us this gift, why do we still deal with it as Christians?
- Read 1 John 5:3.
 - How does obeying Jesus bring peace of mind and heart?
 - How are His commandments not burdensome?
- Read Philippians 4:6-7, 1 Peter 5:7.
 - How does one cast their cares or worries on God?
 - Why does this give us peace that surpasses understanding?
 - How does thanking God for things give us such peace?
- Read John 13:34.
 - How does being selfless help us find peace?
- Read Matthew 8:23-27.
 - What does this tell you about fear and worry?