The Practice of Peace

your thoughts on Him?

1 Thessalonians 5:22-23 NIV; Psalm 88:3-5, 13-14, 18 NIV

1.	hich part of this message was most impactful for you and why?	ı
2.	hat gift or random act of kindness have you received recently?	
	at do you think about when you hear the words "mental health" w is your mental health right now?	?

• Read Isaiah 26:3. What does it look like to trust God? How can you fix

	Talk about the role God plays in your mental health. What would it look like to bring any mental health struggle to Him?	
	Share about a time when you experienced God's peace in the midst of problems or hardships. What were you doing then that you could start doing again?	
Closing in Prayer		
S	Start praying. Be bold and pray with power.	
	Father, You are bigger than our mental health struggles. You are our source of peace, so we choose to lean on You even more. Show us where our thoughts are taking us, so we're able to walk in line with You. In Jesus' name, Amen.	
Start doing. Commit to a step and live it out this week.		
	 Spend time each day this week asking God to be your source of peace. Talk about your experience with your HomeGroup. 	