



The Sweet Life Part 3

Stay Calm

LifeGroup Discussion Guide, by Pastor Jon Eastlick

for the week of 3/31/2019

CONNECTION

[1] Share something that you have or have received that really brings you a deep joy, and why?

OBSERVATION & INTERPRETATION

[2] Talk about the difference between doing and being; “making it happen” vs “growing fruit”.

[3] Relate the fruit of **JOY, Peace and Patience** to love, trust and testing: Have you ever experienced trying to encourage someone in a trial and in the end their words, attitude, actions (the “fruit” of their spirit) inspired you and left you amazed? Share how that impacted you.

APPLICATION

[4] Jon shared 3 applications for the fruit of peace in our lives: Relationships (John 17:20-23), everyday life (Philippians 4:6-7) and the things beyond me (Ps 46:10) - Share an example from your life where you can apply one of these principles to nurture peace instead of anxiety.

[5] Read **James 1:2-4** and **2 Corinthians 1:3-4**, what do these scriptures teach us about God’s purpose in tests and trials? Think about some test and trials you are facing and ask “How can I let His love define me instead of my circumstance?” “What fruit could I grow or manifest in this that could “feed” others around me?”

REFLECTION

[6] What are areas in your life where you can change your attitude and apply these truths? What circumstances in your life right now are opportunities for Spiritual fruit of JOY, PEACE or PATIENCE? Who has God placed around you or in your circumstance who you could “offer” this fruit to and “feed their Spirit”?