



Discipleship Guide

Sermon: Filled | Peace

Speaker: Pastor John Zayas

Date: May 18, 2025

Small Group Guide: "Desires, Expectations, and True Peace"

Objective:

To facilitate meaningful conversations and reflections based on the sermon, exploring how desires, expectations, and spiritual covetousness affect our lives and relationships.

Welcome and Opening Prayer:

- Begin with a short prayer inviting God's presence and guidance in your discussion.

Discussion Questions

Desires and Expectations:

- What desires do you have that might be causing tension in your personal life or relationships?
- How can false expectations impact your peace and well-being?
- Reflect on a time when your expectations were not met. How did you handle the situation, and what could you have done differently?

Covetousness and Contentment:

- What does it mean to covet, and how does it manifest in your life?
- How can focusing on others' successes lead to discontent?
- Share personal experiences or challenges where you found it difficult to celebrate others' successes without comparison.

Patience and God's Timing:

- How does your desire for immediate results conflict with God's timing?
- Share an experience where you had to wait on God's timing. What did you learn from this process?

Slander and the Power of Words:

- Discuss the impact of words in relationships and communities. How can slander affect these dynamics?
- Reflect on a time when your words might have hurt someone. What would you have said differently?

Commitment to Christ:

- Many shared their baptisms as public declarations of faith. What does your commitment to Christ look like?
- How can you lead by example in showing Christ in your daily life and family?

Key Takeaways:

Align Desires with God's Will:

- Recognize and align your desires with what God has planned for you, which may require adjusting your expectations.

Practice Contentment:

- Avoid coveting others' successes by appreciating the journey God has set for you and trusting His provision.

Embrace Patience:

- Understand that God's timing is perfect, even when you cannot see the results immediately. Grow through periods of waiting.

The Impact of Words:

- Acknowledge the power of words and aim to use them to build others up, not tear them down. Practice speaking life into situations and people.

Deepening Faith:

- Baptism symbolizes a public commitment to Jesus, but daily actions reflect continued commitment. Examine how you can demonstrate faith in your everyday life.

Practical Applications:

Reflection Exercise:

- Spend time this week identifying desires or expectations that may not align with God's will. Pray for guidance and release them to God.

Gratitude Journaling:

- Start a daily journal where you list things you're thankful for to combat covetousness and cultivate contentment.

Words of Encouragement:

- Choose someone to encourage this week with your words. Make it a habit to uplift rather than criticize.

Faith in Action:

- Identify one area in your life where you can better demonstrate your faith and intentionally work toward doing so with the group's support.

Commitment Reminder:

- If baptized, reflect on your baptismal vows this week. Consider what you have committed to and how you can live that out more fully.

Closing Prayer:

- End the session with a prayer thanking God for the insights shared and asking for help to apply them in the coming week.

5-Day Devotionals

Day 1: The Source of Quarrels and Desires

Reading: James 4:1-3

Devotional:

The Biblical passage from James 4:1-3 asks us to ponder what causes quarrels and conflicts among us. It is often our unmet desires and expectations that lead to tension. Much like the example of projecting personal desires onto others in relationships, we must evaluate the desires we hold onto and whether they align with God's will. False expectations frequently cause unrest. Instead, God invites us to surrender our desires to Him. Reflect on what causes tension in your life, and seek His transformation over your desires. Let the Lord lead, making room for peace in relationships and with oneself.

Practical Application:

- Take time to journal about your unmet expectations and desires. Pray to God, asking for guidance to align these with His will.
- Engage in honest conversation with loved ones to manage expectations, seeking mutual understanding and growth.

Day 2: Patience in God's Timing

Reading: Psalm 27:14

Devotional:

This Psalm encourages us to "wait for the Lord." Impatience can arise when we expect immediate fulfillment of God's promises. As shown through personal testimony, sometimes what we desire isn't granted immediately, because God is working on our maturity. Trusting God's timing requires faith and patience, even when His promises seem delayed. Waiting upon the Lord refines us, teaching reliance on His wisdom. Though the wait may seem long, God's eventual fulfillment is always perfect.

Practical Application:

- Reflect on a promise or dream you have been waiting on. Offer this to God in prayer, asking for strength and patience.
- Consider ways you can embrace growth and maturity while you wait for God's timing.

Day 3: Avoiding the Trap of Coveting

Reading: Exodus 20:17

Devotional:

The commandment against coveting is rooted in the understanding that desire for what others have can consume us and lead us away from contentment. Envy and coveting can distort our perceptions, blinding us to the present blessings. Instead of longing for someone else's circumstances or achievements, God calls us to trust in His provision and find fulfillment in Him. The act of coveting diverts our focus from the blessings we have and our unique journey with Christ.

Practical Application:

- Make a gratitude list highlighting what God has already blessed you with.
- Pray for contentment and a grateful heart, accepting and valuing your current situation.

Day 4: Living A World Apart

Reading: Romans 12:2

Devotional:

Romans 12:2 urges us not to conform to the patterns of this world. Having "one foot in" with the world creates spiritual adultery, a half-hearted devotion that grieves God. Our challenge is to renew our minds, discerning God's perfect will for our lives over cultural pressures. Genuine transformation in Christ requires a shift away from worldly desires, choosing instead to live in the fullness of His grace. We are called to a higher standard,

one that reflects divine values over temporal ones.

Practical Application:

- Engage in a media fast, taking time to detox from worldly influences and focus on Scripture.
- Reflect on areas in your life where worldliness seeps in and seek ways to align those areas with Christ.

Day 5: Power of Words and Commitment to Christ

Reading: Proverbs 18:21; Romans 10:9-10

Devotional:

The power of life and death lies in the tongue, a poignant reminder from Proverbs 18:21. Words can harm but can also bring healing. As we consider slander and communication, let us remember that we can never take back harmful words. With a sincere heart, like those getting baptized and confessing their faith in Romans 10:9-10, our words should bring life, healing, and hope. Our speech should be a reflection of Christ's love and commitment to His followers.

Practical Application:

- Reflect before speaking, asking if your words reflect the love and grace of Christ.
- Practice speaking life over your own circumstances and into the lives of others through encouragement and affirmations.

Reflection: May these devotions lead you toward deeper spiritual insight and application as you reflect on these themes. May the Holy Spirit guide each step of your journey toward understanding and living out God's love, faith, salvation, hope, and His divine presence.