

# Unwrapping Peace

## *Unwrapped*

*December 14th, 2025*

*Preached By Matt Babcock*

*Prepared by Sean Tavakoli*

## OPENING PRAYER

Heavenly Father,

Thank You for bringing us together today. We invite Your presence and ask for Your guidance in our discussion. Open our hearts and minds to Your wisdom.

In Jesus' name, Amen.

## SCRIPTURE READINGS

John 14:27

Isaiah 9:6

Philippians 4:6-7

Isaiah 26:3

Proverbs 3:5-6

## KEY TAKE AWAYS

1. Peace isn't something we find; it's something we receive through relationship with Jesus.
2. Peace isn't the absence of trouble; it's the presence of Jesus in the midst of trouble.
3. Peace doesn't come from changing your location; it comes from changing your focus to Jesus.
4. Wherever your thoughts go, your peace follows. Fix your mind on Christ, not your problems.
5. The peace of God is found in surrender, not control. We must stop trying to control what isn't ours to control.
6. Gratitude unlocks peace. Praying with thanksgiving transforms our perspective and guards our hearts.

## QUESTIONS

1. Understanding True Peace: The sermon emphasized that peace is not the absence of problems but the presence of Jesus. How do you perceive this difference in your daily life, and what are some practical ways you've experienced peace despite difficulties?
2. Culture vs. Christ's Peace: The speaker noted how our culture encourages us to seek peace

through external means. Can you identify times when you sought peace through material or external changes? How did those attempts compare with the peace that comes from focusing on Christ?

3. Focus and Peace: Discuss a time when shifting your focus from problems to Jesus helped you experience peace. What specific practices or habits help you maintain this focus regularly?
4. Peace through Surrender: The sermon stressed that peace comes through surrender, not control. What are areas of your life you find difficult to surrender to God, and how can you work towards trusting Him more in these areas?
5. Gratitude and Peace: Reflect on the connection between gratitude and peace. How can cultivating a thankful heart impact your experience of peace? Share practical steps you can take to become more thankful in challenging times.
6. Role of Prayer: How does prayer facilitate the transfer of worry to God, as mentioned in the sermon? Share your experiences or struggles with maintaining a prayer life that focuses on thanksgiving and surrender. How can the group support each other in strengthening their prayer lives?

## PRACTICE

### Option 1: Mind Renewal

- Write out Isaiah 26:3 or Philippians 4:6-7 and place it where you'll see it multiple times daily (phone background, mirror, car dashboard)
- Each time you see it, take 30 seconds to refocus your thoughts on Jesus

### Option 2: Surrender Assessment

- Make a list of things you're trying to control
- Pray through the list, physically releasing each item to God (consider writing them down and literally letting them go)
- When anxiety returns about these items, practice saying, "I surrender this to Jesus"

### Option 3: Gratitude Prayer Journal

- For seven days, write down your worries/concerns
- Next to each concern, write 2-3 things you're thankful for related to that situation
- Pray through both the concern and the thanksgiving
- Notice how your perspective shifts

### Option 4: Media Audit

- Evaluate what you're watching, listening to, and consuming on social media
- Ask: "Is this helping me fix my eyes on Jesus or pulling my focus away?"
- Make one concrete change to eliminate something that robs your peace

## CLOSING PRAYER

"Father, we come before You seeking Your peace. Help us to fix our eyes on Jesus and surrender control of our lives to You. May Your peace fill us and guide us as we leave this place. We thank You for Your love and grace. In Jesus' name, Amen."