



LIFEgroup STUDY GUIDE

What you will need to supplement this guide:

1. A copy of the outline provided for notes on this message (copy from message or downloaded from the COASTAL APP).
2. A Bible or Bible APP to refer to verses.

PURSUING LIFE TOGETHER *SUNDAY MESSAGE REVIEW*

NOTE to the LIFEgroup Leader: This guide is provided as a tool to assist you in facilitating a structured discussion with your group. When used in conjunction with the outline notes and a Bible this tool will ensure that your group will *Engage Authentically*. The questions are merely recommended “talk starters”. It is important for you to let God help you navigate through the conversation as you *pursue life together* as a group.

OPEN IN PRAYER

STARTER QUESTIONS:

Where have you seen God at work in your life since we last met?

What stood out to you from the message this week?

MAIN IDEA:

- REVIEW THE MAIN TOPIC OF THE MESSAGE. Allow time for discussion
- READ THE MAIN SCRIPTURE FROM THE MESSAGE OUTLINE.

How did this verse speak to you in your life?

- REVIEW THE SUB-TOPICS of the MESSAGE.

Have someone read each of the verses that were highlighted in the message, and briefly discuss.

Is there an area that you feel God is speaking to you through this message?

FINAL THOUGHTS:

- SUMMARIZE the main idea of this message.

Would anyone like to share your thoughts about what we discussed today?

How can we pray for you as a group?

CLOSE IN PRAYER

PEACE OVER ANXIETY
“Peace of Mind and Heart”

*“I am leaving you with a gift—peace of mind and heart! And the peace I give isn’t fragile like the peace the world gives. So don’t be **troubled** or afraid.”* John 14:27 (TLB)

“Troubled” = (Tarasso)
“stirred up; agitated; restless; fearful; distressed; anxious”

*“So don’t be **troubled** or afraid.”* John 14:27 (TLB)

“Don’t worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done. If you do this, you will experience God’s peace, which is far more wonderful than the human mind can understand. His peace will guard your hearts and minds as you live in Christ Jesus... Fix your thoughts on what is true and honorable and right. Think about things that are pure and lovely and admirable. Think about things that are excellent and worthy of praise.” Philippians 4:6-8 (NLT)

How to Experience Peace of Mind and Heart:

1. Limit worry

*“**Don’t worry** about anything.”* Philippians 4:6a (NLT)

Practical tip: Let worry be your trigger!

2. Expand your prayer life!

*“Don’t worry about anything, instead **pray** about everything.”* Philippians 4:6b (NLT)

“Tell God what you need, and thank him for all he has done.” Philippians 4:7 (NLT)

Practical tip: Learn to create separation between you and your worries

*“**Cast** all your worries upon him because he cares for you.”* 1 Peter 5:7 (NAB)

3. Fill your mind with good things

“Be careful what you think, because your thoughts run your life.” Proverbs 4:23 (NCV)

Fix your thoughts on what is true and honorable and right. Think about things that are pure and lovely and admirable. Think about things that are excellent and worthy of praise.”

Philippians 4:8 (NLT)

Practical tip: Put scripture in a prominent place

Results:

“If you do this, **you will experience God’s peace**, which is far more wonderful than the human mind can understand. His peace will guard your hearts and minds as you live in Christ Jesus...”

Philippians 4:7 (NLT)

“Now may the Lord of peace himself give you peace at all times and in every way. The Lord be with all of you.”

2 Thessalonians 3:16 (NIV)