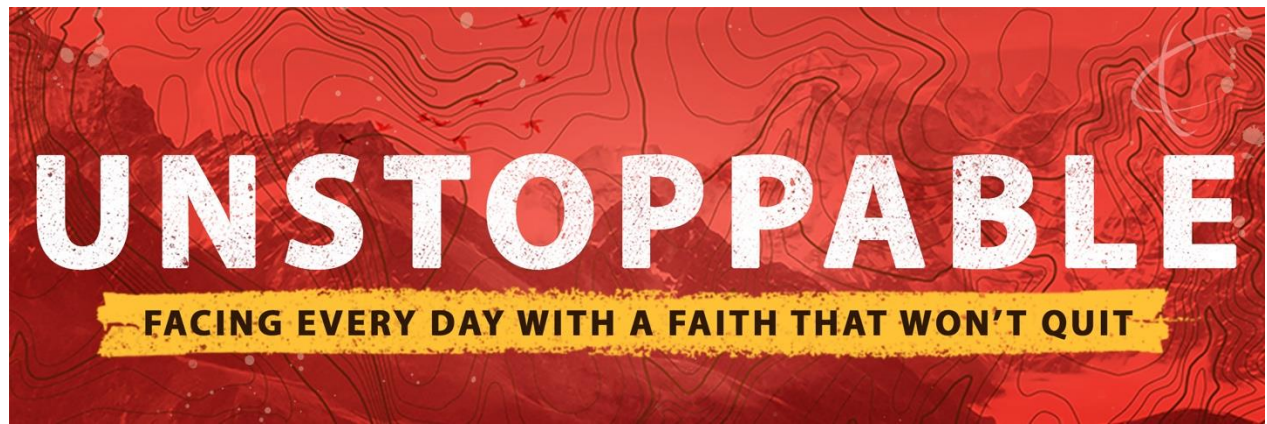


DISCUSSION QUESTIONS



These discussion questions are designed to extend the impact of the Sunday message. You can use them for your personal Bible study, family study, and/or small group study.

Overview

Sermon: *Unstoppable Peace*

*Stand firm then... with your feet fitted with the readiness that comes from the gospel of peace. -
Ephesians 6:15*

A Christian's identity is to be shaped by truth, righteousness, readiness, faith, salvation, and the gospel message. This is what Paul describes as the full armor of God.

Fit your feet with the readiness of peace. What we wear on our feet can help us to be ready to face stress and anxiety and the ways they manifest unhealthy spirituality.

A person who lacks peace is not ready to fight against the spiritual forces of stress and anxiety. They are not able to stand-up against the devil's schemes. A person who is not fitted with readiness that comes from the gospel of peace is not able to return peace when peace is offered. They are not able to provide a calm presence when another person is distressed.

We can choose to turn to God in our distress and find peace through our Lord Jesus Christ. Trust in Jesus and overcome anxiety and stress with the gospel of peace.

Discussion

1. What are your top three stressors? Which of these are to be managed and which of these are problems that can be solved? How do stress and anxiety manifest unhealthy practices in a person's life?
2. Describe a time when you felt the most at peace. What led to you experiencing this peace?
3. Read 1 Samuel 25. Summarize the story of David, Nabal, and Abigail together with your group. What are some things that you observe about this story in regard to peace? Compare and contrast David's reaction to his enemies in chapter 25 with chapters 24 and 26. What's different? Anything the same? Explain.
4. How does Nabal respond to David's offer of peace? How does this compare to the instructions Jesus gave to the 72 disciples in Luke 10:1-12? How does David respond to Nabal's response? How were the 72 to respond to extending peace? What can we learn from this?
5. How was Abigail a person of peace for David and his men? How does Jesus become our peace? How does providing a non-anxious presence help bring peace to people who are in distress?

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DISCUSSION QUESTIONS

6. The peace of God doesn't remove us from our world; it gets us ready to live in it. How does peace of Christ sustain us in a world of unrest?

Application

7. Fit your feet with the readiness of peace. Read Psalm 143 aloud and use David's words to pray for the peace of God through Jesus Christ to deliver you from your distress.