



# NEW HEIGHTS CHURCH OF THE NAZARENE

*"Our Heart is People, Our Message is Jesus"*

## **Table Group Discussion Questions**

**Series: Words We Thought We Knew**

**Title: "Peace" on June 21, 2026**

### **Icebreaker / Getting Started (10-15 minutes)**

1. What's something in your life right now that feels like a temporary truce rather than real peace — something you've been papering over rather than actually dealing with?
2. Think of a person in your life who has a genuinely calming presence — someone whose arrival in a room changes the atmosphere. What is it about them that does that?

### **Digging into the Scripture & Sermon (15-20 minutes)**

Read together: **Isaiah 55:12, Luke 2:14, John 14:27, John 16:33, and Philippians 4:6–7**

3. The sermon described shalom not just as wholeness but as *aliveness* — everything in its proper place and flourishing. The Isaiah image is mountains bursting into song and trees clapping their hands. How does that picture of peace expand what you normally mean when you say you want peace? What would it mean for your life to be not just held together but actually *alive*?
4. The angels announced peace at the moment when the world was anything but peaceful — Roman occupation, fear, oppression. The sermon's central claim is that peace is not the absence of trouble but the presence of God. Where in your life right now are you waiting for circumstances to change before you expect peace to arrive? What would it mean to receive peace in the middle of the circumstances rather than after them?
5. Jesus says in John 14 that his peace is *not as the world gives* — and the sermon contrasted this with the Pax Romana, insurance commercials, meditation apps, and scrolling. What are the false "peaces" most available to you personally? What do they offer and where do they fall short?
6. John 16:33 says Jesus has *overcome the world* — and the sermon drew out the implication that Jesus doesn't just put us back together, he destroys the thing that tore us apart in the first place. How does that distinction — patching versus defeating — change the way you understand what Jesus accomplished on the cross?

## Personal Reflection (15-20 minutes)

7. The sermon described two ways the world offers false peace: **peace through disconnection** (escape to somewhere else) and **peace through distraction** (numb yourself until you forget). Which of those two is your default move when anxiety rises? What does it feel like in the moment — and what does it feel like the morning after?
8. The spiritual director told Jeff there were two Jeffs — the Sunday version and the pit version — and that Jesus sees and loves and blesses both. Is there a version of yourself you've been hiding from God? What would it feel like to bring that version into the room with Jesus rather than keeping it outside?
9. The sermon said the only way for the peace of God to take over your life is to bring your *whole* life to God — the shining moments and the shameful ones. What's the piece you're most reluctant to bring? What makes it hard to hand that one over?

## Action & Follow-Up (15-20 minutes)

10. The now what from the sermon was specific: this week, when the anxiety rises and you reach for your phone, reach for God instead. Say his name — *Jesus* — and then bring him the pieces. The good ones and the broken ones. Try it at least once before the group meets again and come back ready to report what happened — even if nothing dramatic happened, even if it felt awkward or small.
11. The sermon described three ways men specifically can bring peace into their communities: **reassuring words, a calming presence, and a courageous provocation**. This applies beyond Father's Day — it's a picture of what any person of God can offer. Think of one person in your life right now who needs one of those three things from you. Name which one, name the person, and name one specific way you'll offer it this week.
12. The sermon mentioned the **Lectio 365 app** — specifically the evening edition — as a way to practice the habit of turning your attention to God at the end of the day instead of scrolling. Try it every evening this week before you go to sleep. Come back and tell the group whether it changed anything about how you went to sleep or how you woke up.

## Close in Prayer

Use the breath prayer from the sermon to close your time together. Say it slowly, twice, as a group:

*"I pause to be still, to breathe slowly, to re-center my scattered senses upon the presence of God."*

Then give one minute of silence — just sitting in his presence together.

After the silence, let anyone who wants to share one piece they want to bring to God this week do so out loud. Then pray over each person by name, asking God to meet them in that specific piece with his specific peace.

Close by reading **John 16:33** aloud together as both a promise and a declaration: *"In this world you will have trouble. But take heart — I have overcome the world."*