

# Group Discussion

## INTRODUCTION

What if you developed habits centered around finding peace instead of those leading to more anxiety? How could this simple life adjustment improve your soul?

## GETTING STARTED

1. List and discuss bad habits that lead people to serious anxiety. Share about how you have overcome some of these habits. What or who helped you and what have you learned about yourself in the process of it?

## FROM THE SERMON

2. Looking back at your notes from this week's teaching, was there anything you heard for the first time that caught your attention, confused you or challenged you?
3. Read Mark 6:31. What was Jesus' reaction to the busyness he saw in the people? What does "rest" look like for you? Talk about your daily routine of finding rest for your soul.
4. Read 1 Corinthians 6:19-20 & Romans 12:1. What are we supposed to do with our bodies? How are you caring for your body and mind? How does finding peace connect with caring for your mind and body?
5. Read Romans 12:2. On a practical basis, what does spiritual transformation mean to you? What step will you take this week to develop the habit of prayer, reading the Bible, or fellowshiping with others in your life?
6. What are you hearing from the Holy Spirit right now?

## NEXT STEPS

7. What will you do with this new truth or spiritual insight as revealed by the Holy Spirit?
8. Take time to pray together.