

# Discussion Questions

## **INTRODUCTION**

Sometimes we face difficult situations and do not know how to find peace during our trials. This can cause anxiety, worry and built-up anger and aggression. How do we find real peace during our unfortunate circumstances?

## **GETTING STARTED**

1. Have you ever faced a situation that seemed as if you will never reach the other side? Did you reach the other side?
2. Have your circumstances ever caused you to push other priorities to the back-burner? What were these circumstances? What were the priorities you pushed aside?

## **BIBLE IDEA**

3. Describe what it means to have the peace that comes from God? If you have not experienced this peace, what do you think it would be like?
4. Read Philippians 4:4-7. What prevents you from rejoicing in the Lord during hard times? What prevents you from being persistent in prayer and petition?
5. What is keeping us from being the kind of light that Paul was during his difficult circumstance? How can we aspire to be more like him?

## **NEXT STEPS**

6. What will you do this week to live in real peace?