

THE GOSPEL OF LUKE

LIVING WITH THE PEACE OF JESUS

TALK IT OVER

Key Scripture

"When the cares of my heart are many, your consolations cheer my soul." Psalm 94:19 (ESV)

"He gives to the beasts their food, and to the young ravens that cry." Psalm 147:9 (ESV)

"fear not, for I am with you; be not dismayed, for I am your God; I will strengthen you, I will help you, I will uphold you with my righteous right hand." Isaiah 41:10 (ESV)

"Blessed is the man who trusts in the Lord, whose trust is the Lord. ⁸ He is like a tree planted by water, that sends out its roots by the stream, and does not fear when heat comes, for its leaves remain green, and is not anxious in the year of drought, for it does not cease to bear fruit." Jeremiah 17:7-8 (ESV)

"²⁸ Come to me, all who labor and are heavy laden, and I will give you rest. ²⁹ Take my yoke upon you, and learn from me, for I am gentle and lowly in heart, and you will find rest for your souls. ³⁰ For my yoke is easy, and my burden is light." Matthew 11:28-30 (ESV)

"²⁷ Peace I leave with you; my peace I give to you. Not as the world gives do I give to you. Let not your hearts be troubled, neither let them be afraid." John 14:27 (ESV)

"⁴ Rejoice in the Lord always; again I will say, rejoice. ⁵ Let your reasonableness be known to everyone. The Lord is at hand; ⁶ do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. ⁷ And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus." Philippians 4:6-7 (ESV)

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Start Talking. Find a conversation starter for your group.

- Share a high and a low.
- What's the thing you're most tempted to worry about?
- On a scale of infrequent worry to anxiety disorder, where are you?

Head: Start Thinking. Ask a question to get your group thinking.

- Read Luke 12:22-34. What reassurance is given by the passage to combat worry and anxiety?
- Read Psalm 23. It is not just the content of this passage, but the cadence that is calming. Who is the subject and who is not?

Heart: Start Sharing. Choose a question to create openness.

- Use a question from N.T. Wright's "Luke: For Everyone" (pg. 78-89).
- Worry is trying to control that which is beyond your control. What is the opposite of worry?
- Read John 14:27. What is different about the peace of Jesus vs. what the world gives?

Hands: Start Doing. Commit to a step and live it out this week.

- Social media use is correlated with increased rates of depression and anxiety. What's one way you can reduce your social media use this week? Disable notifications? Delete an app?
- Anxiety is often linked to poor diet, lack of exercise, and high stress. Even if you're not experiencing panic attacks, what's a positive step you can take in one of these areas this week?
- What's a way that you can daily remind yourself of God's provision and peace, and lay your temptation to worry at his feet?

Start Praying. Be bold and pray with power.

- "God, today I want to be honest with you, that I'm tempted to worry about _____. Help me not to worry about that which is beyond my control. Replace my self-centered thoughts with reminders of You and Your promises. Renew me in your peace, and grant me the contentment of the Holy Spirit. Amen."

Trios: Split into same-gender groups of three for 15 minutes:

1. How did you see God at work in your life this week?
2. What's something you'd like someone else to check in with you about this week?
3. What kind of conversations are you having with non-Christians?
4. Pray for one another.