

Community Group Discussion Guide

Step 01: Recap what our current series is all about.

Note: Remind the group what series we're currently on (since not everyone will have been at church recently) and read through the series description provided below to refresh everyone on what it's all about.

Step 02: Recap of this week's message.

Note: Read through the message outline with everyone briefly. You can stop and make comments as you see fit or read straight through it. Make sure you take time to read through the main text.

Message Title: A Moment of Peace

Main Text: Luke 24: 1-6

Supporting Texts: Luke 23:32-34, Matt 1:21, Ps. 32:5-7, Romans 10:9, Ps. 91:1-2

Message Outline:

According to the Kindle: Phil. 4:6 most highlighted verse in the Bible. In 2019: 2/3 Americans said they were anxious or extremely anxious. Today, 91% of high school and college students report significant levels anxiety.

Point being, many of us are weary—longing for peace.

3 Reasons why Jesus is qualified to give us peace:

1. He shared in our pain
 - a. Betrayed, abandoned, beaten, mocked, executed (Luke 22 and 23)
2. He forgave everyone who wronged him

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- a. With his last few breaths on the cross he forgave the very people that put him there (Luke 23:32-34)
3. He dealt with the root of the problem
 - a. It's not only our schedule, our situation or our society that causes chaos... it's also our own sin. (Psalm 32:5-7)
4. He defeated death

When we accept Jesus' gift of salvation, He can become your hiding place—your refuge. You can find peace in the midst of any circumstance because the tomb is empty!

Step 03: Lead group discussion.

Note: Do your best to keep the discussion going. Make sure you have read through the questions beforehand and are primed with thoughts of your own. Make everyone get specific with *how* they will apply this message in their own lives and in community—*no vague ideas allowed!*

Specific to this week's message:

1. What has this past season been like for you? Have you found yourself tired? Weary? In search of peace?
2. If you were being honest, what do you think is causing your exhaustion/anxiety/weariness?
3. How does Jesus' resurrection intersect with your weariness?
4. If you participated in Lent, share about your journey with prayer and fasting. What changed in you? What prayers did you pray? Was this your first time fasting? How did it supplement your spiritual life?

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General questions:

5. How did this message encourage you? How did it convict you?
6. What is your plan for applying this message to your personal/daily life?
7. What might it look like for us to live this out in community?
8. Was there anything about this message that stood out to you?