

MINDSETS: A MINDSET OF PEACE

DISCUSSION GUIDE

SUMMARY:

This week, we'll examine what it looks like for believers in Jesus to have a peaceful mindset. Stress seems to come naturally to us, yet peace is often hard to come by. If you are a believer in Jesus Christ, you have divine resources to help you in dealing with stress, and those resources are more than just therapy, pop-psychological fads, diets, and exercise regimens. Although those things can sometimes be helpful assets in handling things like stress and anxiety, as Christians, we have an additional and superseding resource—God's perfect peace.

Key Passages: Romans 12:1-2; John 14:27

Be sure to read this Scripture passage together before you proceed to the "Grow" section of our study.

QUESTIONS FOR REFLECTION AND DISCUSSION

KNOW: Spend some time finding out how everyone's week has gone.

The questions in this section provide a guide for connectivity; feel free to approach this part of your group time organically over a meal or "connection" activity or with questions appropriate to your context.

What is something that you are thankful for this week?

What is something that is causing you stress or concern this week?

Who in your life is in need of prayer, physical help, or emotional encouragement right now?

GROW: Grow in the Lord as you engage His Word together.

When you hear the word peace, what comes to your mind?

What kind of peace does the world offer us? How is the peace that Jesus offers to us different than the peace offered to us by the world?

According to Jesus' words in John 14, how can we tell if we are walking in the peace of Christ or relying on the counterfeit peace of the world?

GO: Talk through ways you can put what you've learned into practice.

Is there an area in your life where your peace is disturbed? Is there an area in your life where your peace is gone? What do you need to do to have God's peace ruling in those areas?

Do you believe there can be peace in the middle of chaos? Have you ever experienced that before? Share.

Why do you think it's easier to be troubled and fearful than peaceful?



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