

MINDSETS: PEACE OF MIND

DISCUSSION GUIDE

SUMMARY:

In week six of our “Mindsets” sermon series, 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; Isaiah 26:1-4; John 16:33

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.

Shortly before Jesus death, resurrection, and ascension back to Heaven, He promised to leave His peace with His followers. Yet, the Scriptures also indicate that peace is something each of us must choose and pursue.

What are some ways you can choose to receive God’s peace?

Pastor Brett said this week that we can know we have God’s peace when we are living our lives with confidence and courage. Take a few minutes to read chapter 3 in the Old Testament book of Daniel. Talk about how God’s presence and peace results in us living confident, courageous lives.

This week’s Scripture text in Isaiah 26:1-4 indicates through imagery that God’s protection and (ultimately) His peace comes into our lives, at least in part, through us gathering in worship with our church family and living together in community. Read those verses again and then read Philippians 4:9 and talk about this.

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

Isaiah 26:3 says that perfect peace comes when we fix our mindset on Jesus. What rhythms have you created in your life to help you keep your mindset on Jesus and not this world?

Peace is knowing that Jesus is always present even when we don’t feel it. Have there been moments in your life where you experienced the overwhelming peace of God in a difficult situation? Share it with others.

What are some practical ways you can pursue peace this week?



@thehillslv



@shadowhillschurch