



WEEK 4: PEACE

ICE BREAKER

WORSHIP

PRAYER

SERMON REWIND

It seems as though in life, we run into an unrest and anxiety due to different reasons. Responsibilities pile up, outcomes feel uncertain, relationships carry tension, and the pressure to keep everything together can quietly wear down the soul. If we are honest, many of us carry far more internally than anyone else can see. Into that unseen space, Jesus speaks a promise the world cannot offer: *"My peace I give to you."*

This week, we'll look at peace not as a calm personality, a conflict-free life, or the ability to stay unaffected by difficulty, but as the deep security that comes from belonging to Christ. In **Galatians 5**, peace is one of the signs that the Spirit is reshaping what is happening beneath the surface of our lives. As we bring our anxieties to God, release our need to control every outcome, and learn to trust Jesus in the storm, we can start to recognize the Spirit form a stability in us that circumstances cannot create and pressure does not have to destroy. This peace becomes more than something we feel; it becomes something we carry into our homes, relationships, work, and world.

KEY VERSES

Look up these additional verses:

John 14:27 (NIV)

Galatians 5:22-23 (NIV)

Philippians 4:6-9 (NIV)

Mark 4:35-41 (NIV)

DISCUSSION QUESTIONS

1

Carrying More than We Show

Many people look calm on the outside while carrying anxiety internally.

- a. What are some things that quietly steal your peace throughout the week?
- b. Why do you think it can be difficult to admit when we feel overwhelmed or anxious?

2

During the Storm

In **Mark 4**, the disciples panic during the storm while Jesus remains calm in the boat.

- a. Do you think it can be difficult to trust God in certain areas of life when you have never personally experienced His peace or presence there before?
- b. Usually, what is your first reaction being in this kind of situation?

3

Releasing Control

Philippians 4:4-7 tells believers to not be anxious, but by prayer and thanksgiving make your requests known to God.

- a. Why are prayer and thanksgiving so important that we do this instead of being anxious.
- b. How has God guarded your heart when you have consistently spent time praying?

4

Living into Peace

Peace is advertised as this really nice emotion, where we feel calm and comforted. Peace in Scripture is more than just a feeling; it's a way of living amid the storm.

- a. How have you chased after feeling the emotion of peace to carry you through a difficult circumstance? How did that affect you and the people around you?
- b. What do you think it means for peace to be a way of living, as something we get to step into every day?

5

Staying Connected to God

Peace is one of the fruits the Holy Spirit develops within us over time.

- a. What habits or rhythms help you stay connected to God during stressful seasons?
- b. These habits are ways to make space for God to meet you; knowing this, how can you use them to make space for the Holy Spirit transform you into a person of peace?

DIVE DEEPER

Reflection Questions: Jesus never promised a life without storms, but He did promise His presence within them.

- Do you think His presence is enough in your storms? Why or why not?
- What does it say about the kind of God He is that He wants to be with you in the storm?

PRACTICAL APPLICATION

Helpful practical habits that might follow the theme of curriculum.

Finding Peace—This week, practice:

- A rhythm of spending time with God.
- Reflect on how God showed up.

Ask the Holy Spirit to help you recognize how to live in His peace in every circumstance.

PRAYER/MINISTRY TIME

CLOSING SCRIPTURE

John 14:27, "Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid."

Let the group rest in that promise as you close together in prayer.

NOTES

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