

Ice Breaker

(in groups of 2 or 3 for larger groups)

If “peace” were a place, where would that be for you?

Talk About it!

Part 1

Read Philippians 4:1-9 and discuss:

1. What is one thing that stands out to you from this passage?
2. Paul says to pray “about everything”—what’s one area of your life you often try to handle on your own instead of bringing to God?
3. What areas of your life do you most often compare to others? How does comparison affect your peace? How can gratitude combat comparison?

Part 2

Read Isaiah 26:3 and discuss:

1. What keeps you from fixing your eyes on Jesus?
2. What’s one lie you’ve believed about yourself, others, or God that you sense God wants to replace with truth?
3. What does it look like to “Practice Peace” this week? What is one thing you want to shift to experience more peace?

Group Prayer Time

- Pray for peace to penetrate every person and situation
- Pray for the burdens you are carrying and release those things to God