

He Promises

Finding Peace in Your Thoughts

Talk It Over

Message Summary

With so much happening in the world and our lives, having a peaceful mind can feel impossible. While Jesus doesn't promise a trouble-free life, He does promise you a path to peace.

Key Scripture(s)

"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." John 14:27 NIV

Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus. Philippians 4:6-7 NIV

Additional Scriptures

- Isaiah 26:1-3 NLT
- Philippians 4:8-9 NLT

Start Talking

Find a conversation starter for your group.

- What words come to mind when you hear the word "peace"?

Start Thinking

Ask a question to get your group thinking.

- Which part of this message was most impactful for you and why?
- Read **John 14:27**. What are some differences between worldly peace and godly peace? How can someone experience godly peace?
- Read **Philippians 4:6-7**. How do you normally respond to anxious thoughts? How can the practice of gratitude change our thoughts?

Start Sharing

Choose a question to create openness.

- Share about a time when you experienced the peace of God. What was that like, and what did you learn about His peace?
- Are you currently experiencing a worry or anxious thought? Talk about it and spend time praying together.

Start Praying

Father, thank You for the peace You offer each of us. We cast our worries on You, knowing that You care about us and know the details of our lives. May we experience Your peace in a new way. In Jesus' name, amen.

Start Doing

- Spend time talking to God about any worry or anxious thought you may be facing. Consider how His presence impacts your thoughts.
- Start the *Where Is God When Life Is Hard?* Bible Plan using Plans With Friends: www.go2.lc/promise
- Consider how you could love others by serving on the weekend or with a Local Mission Partner.