

PEACE

IS POSSIBLE

Group Discussion Guide – Peace Is Possible

Key Texts: John 14:27; Philippians 4:6–7; 1 Peter 5:7; Colossians 3:1–2

INTRO

- Big Idea: Anxiety is expected in a broken world, but in Jesus, peace is possible today—not later—through a simple daily rhythm: be still, look up, open your hands.
- Goal for this conversation: move from “I should have peace” to practicing peace together for the next seven days.

ICEBREAKER

- 1) When does worry usually tap you on the shoulder—morning, midday, or right before bed? Share a recent (non-heavy) example.
- 2) What’s one physical signal that tells you your peace is low (tight shoulders, racing thoughts, scrolling)?

SCRIPTURE & DISCUSSION

A. Be Still

 Read *Philippians 4:6–7*.

Q1: According to these verses, what replaces anxiety when we pray? What words/phrases stand out to you?

Q2: In the message we heard that stillness is an act of trust. What one small boundary could help you be still for 3–5 minutes tomorrow (alarm, do-not-disturb, a chair)?

Q3: Think of the “gap” between your expectations and reality this week. How might stillness change your inner narrative in that gap?

B. Look Up

 Read *John 14:27 and Colossians 3:1–2*.

Q4: Jesus leaves peace as a gift, not a reward. How is that different from how we often chase peace?

Q5: To “look up” is to rehearse who God is and what He’s done. What attribute of God (faithful, near, wise, powerful, patient) do you most need to rehearse right now—and why?

Q6: Share one story from your life (even a small one) where God's faithfulness was clear. What does remembering that do to your current worry?

C. Open Your Hands

 *Read 1 Peter 5:7.*

Q7: What's the difference between venting anxieties and casting them on God?

Q8: The message challenged us to surrender "today"—not tomorrow's unknowns. What's one specific thing you can open your hands about today?

Q9: If you opened your hands to God in this area, what concrete next step would follow (text someone, make a call, take a nap, apologize, schedule the appointment)?

REAL-LIFE APPLICATION

10) On a scale of 1–10, where is your peace right now? What would move you one point higher by this time tomorrow?

11) Which part of the rhythm is hardest for you: be still, look up, or open your hands? Why?

12) Pair up. For the next 7 days, check in once daily (text or voice memo) with two words: "Peace practice:" and then one of the three steps you did. What time will you check in?

PRACTICE THIS WEEK

- Daily (3–5 minutes): Be still (one minute of quiet), Look up (name 2 truths about God), Open your hands (tell God what you're carrying and ask for today's grace).
- Replace one anxious habit with this rhythm (e.g., when you reach for your phone at night, do the 3 steps first).
- Optional: Memorize John 14:27 or write Philippians 4:6–7 on a card.

PRAYER

Invite group members to place open hands in front of them. Take turns praying short, simple prayers:

- "God, I'm still before you."
- "Jesus, thank you for your peace."
- "Father, I cast _____ on you because you care for me."

Close by asking the Holy Spirit to guard hearts and minds in Christ Jesus.