

The Arrival

Peace for Your Anxious Mind



Talk It Over

Message Summary

This time of year, we see “peace” everywhere, but sometimes we struggle to feel peace in our hearts. Through Jesus, we have peace with God and the peace of God. Peace isn’t found in the absence of problems, but in the presence of God.

Key Scripture

“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

- Luke 2:14 NLT
- Isaiah 9:6 NIV
- 2 Corinthians 5:21 NIV
- Isaiah 26:3 NLT
- Proverbs 3:5-6 ESV

Resources

Learn more about Advent.

Visit: www.go2.lc/advent

Start Talking

Find a conversation starter for your group.

- Share one way you’ve celebrated Advent in the last week. What did you learn about hope as a result?

Start Thinking

Ask a question to get your group thinking.

- What do you think of when you hear the word “peace”? Share one thing that brings you peace.
- Read **John 14:27** and **Philippians 4:6-7**. How is Jesus’ peace different from the peace of the world? How can His peace impact the way you respond to hardships and trials?

Start Sharing

Choose a question to create openness.

- Share about a time when you felt God’s peace despite having problems or difficulties. What did you learn about God through that experience?
- Talk about an area of your life that’s missing peace. Are you trying to control something that’s not yours to control? How can you surrender that to God?

Start Praying

Heavenly Father, thank You for giving us perfect peace through Jesus. We know that Your peace comes when we lean on You instead of on our own understanding. Please help us trust You this holiday season. In Jesus’ name, amen.

Start Doing

- Find one way to share God’s peace with someone this week. Be ready to talk about it with your LifeGroup next week.
- Start the Bible Plan *The Christmas Story* using Plans With Friends: www.go2.lc/christmas24
- Consider how you could love others by serving on the weekend or with a Local Mission Partner.