

SOMETHING'S MISSING – PART 2: OUR CALM **SUNDAY, MARCH 15, 2020**

Life can be challenging, and many of those challenges can threaten the sense of calm we seek in life. When our sense of calm is disrupted, the fallout can trickle into many areas of life. When peace is missing, it can create strife internally within ourselves. When peace is missing, it can turn into conflict with others around us. When peace is missing, it can create a barrier to relationship with God. Even though life is challenging and our sense of calm can be disrupted, a path that leads to missing peace is possible.

Read Philippians 4:1-10

- What are some things you have seen or experienced that remove a sense of peace from life?
- How can not being at peace with someone else (conflict) impact the overall sense of peace you experience in life?
- What are some ways to manage not being at peace with others in honoring and healthy ways? How do you typically manage conflict?
- How would you describe the difference between being happy and being full of joy?
- Do you think it's possible to be full of joy in all circumstances? Why or why not?
- What are some things you tend to worry about? How would life be better if you could figure out how to not worry?
- How might releasing the things that cause you worry to God help you not to worry?
- How would you describe the difference between focusing on your wants and needs?
- What are some specific things you can be thankful for? How does being thankful supplant worry?
- Do you tend to fix your thoughts on the tension points or positive things? How can shifting your thoughts to positive things lead to greater peace?
- What do you think the difference is between “the peace of God will be with you” and “the God of peace will be with you”?
- What next step will you take to fix your thoughts and keep in practice things that lead to peace that comes from God?