

# PEACE OF MIND

## GROUP STUDY

- *What action steps did you commit to last week and what were the outcomes?*
- *What results did you see from contacting the people who have influenced you in their Core Practices?*
- *What is one insight from one of the Daily Devotions?*
- *Watch the video together.*
- *Take turns reading the paragraphs below. As you read, underline the ideas that capture your attention.*

Our world is full of worry, stress, anxiety, and fear. We worry about the economy, stress over our finances, get anxious about our career, and fear for our future. Depression and loneliness are at an all-time high. No one wants to live this way, but it's easy to get stressed and overwhelmed. The worries of this life can rob you of the joys of life. We are all searching for peace, joy, and contentment.

Depression is living in the past. Anxiety is living in the future. Peace is living in the present and in the presence of God. It's in Christ alone that we can find true lasting peace and confidence. 1 Peter 5:7 says, "Give all your worries and cares to God, for he cares about you." You are valuable to God. You are His most cherished possession. He cares about you.

**That's our third core value: "Peace of mind is found in Jesus."** We somehow convince ourselves that worrying is productive. But all worry does is raise our level of fear, stress, and anxiety. When we worry, we are living in a future that has not yet been written. Don't write the end of your story before it has been written. Instead of raising the level of worry, raise your level of faith. Look to God who has the answers and promises to provide. You matter to Him. He values you and he will never leave you or forsake you.

Peace is about proximity and presence. We all experience worry, stress, and fear. No one is exempt. The closer you draw to God the more peace you will experience. As you begin to abide with Him you will experience a confidence knowing you are not alone. You have someone with you in the struggle and that person is Jesus.

## REFLECT AND RESPOND

*Choose something you underlined that's important to you. Take a moment to share with everyone why it is important.*

## CORE PRACTICE

- *Have someone in the group read the core practice and description below.*

**One of the ways we find peace of mind is through the core practice of Persistent Prayer.**

We believe Persistent Prayer reveals God's sovereignty in the midst of uncertainty. Our first instinct usually isn't to pray. Instead, we exhaust all other means. We say things like, "I guess all I can do is pray about it." Prayer shouldn't be our last option. It must be our first option. It's in prayer we remind ourselves that God is bigger than my crisis and we can fully trust in him. As we pray, we begin to shift our focus from the problem to the one who has the solution. Here are a few tips to help you as you pray:

- Get around people who pray, listen to how they pray, and learn from them.
- Pray scripture. Look for promises in scripture and begin to pray them. The Psalms are a great place to start.
- Use the Lord's Prayer as a guide. You can find the Lord's Prayer Guide at [corechurch.com/study](http://corechurch.com/study).
- Observe times of fasting, including the Core Church Friday Fast. You can find information at [corechurch.com/fast](http://corechurch.com/fast).

## EVALUATION AND ACTION

*Complete the self-evaluation section below. Then take a moment to share with the group the answers you wrote down.*

*Remember that these core practices are not an effort to earn God's love, but to grow in your love for God.*

*Be honest in your evaluation. But be kind and graceful to yourself because God is kind and graceful to you.*

My Persistent Prayer is struggling because \_\_\_\_\_

\_\_\_\_\_

My Persistent Prayer is strengthening because \_\_\_\_\_

\_\_\_\_\_

My Persistent Prayer is satisfying because \_\_\_\_\_

\_\_\_\_\_

What specific action can you take to grow in your practice of Persistent Prayer?

\_\_\_\_\_

\_\_\_\_\_

Who do you know that is consistent in their practice of Persistent Prayer? What have you learned from this person?

\_\_\_\_\_

*Listen, learn, and grow: This week contact this person and let them know about their influence in your life.*

## CORE PRACTICE

- *Have someone in the group read the core practice and description below.*

### **Another way that we find peace of mind is through the core practice of Godly Friendships.**

We believe Godly Friendships help us get through life's hardships. We all face difficulties, pain, and adversity in this life. In moments like these our tendency is to withdraw and go into isolation. Isolation is where the enemy traps us and preys upon our mind. The devil will try to convince you that no one understands, no one cares, and you're the only one who has faced this problem. We need positive voices that speak the truth of God. People who will encourage, support, and love us. Godly Friendships remind us of who we are in Christ and who God has called us to be.

We believe that friendship is discipleship and discipleship is friendship. We are all influenced by the people we associate with. Their influence can be positive or negative. They can inspire or discourage us. Our friends will lead us to life or death. If we want to grow in relationship with God, we need to be in relationship with God's people. Core Groups are a great place to find and develop Godly Friendships.

## EVALUATION AND ACTION

*Complete the self-evaluation section below. Then take a moment to share with the group the answers you wrote down.*

My Godly Friendships are struggling because \_\_\_\_\_

\_\_\_\_\_

My Godly Friendships are strengthening because \_\_\_\_\_

\_\_\_\_\_

My Godly Friendships are satisfying because \_\_\_\_\_

\_\_\_\_\_

What specific action can you take to grow in your practice of Godly Friendships?

\_\_\_\_\_

\_\_\_\_\_

Who do you know that is consistent in their practice of Godly Friendships? What have you learned from this person?

\_\_\_\_\_

*Listen, learn, and grow: This week contact this person and let them know about their influence in your life.*

## PERSONAL STUDY

Be prepared to discuss the following next week:

- *What action steps did you commit to last week and what were the outcomes?*
- *What results did you see from contacting the people who have influenced you in their Core Practices?*
- *What is one insight from one of the Daily Devotions?*