

PEACE OF MIND

GROUP STUDY

- *Watch the video together.*
- *Break into gender groups. It's best to keep discussion group size to no more than 4-5 people.*
- *Take turns reading the paragraphs below out loud as a group.*
- *Stop after each paragraph to discuss answers to each question.*

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. No one wants to live this way, but it's easy to become overwhelmed. The worries of this life can rob you of the joys of life. We are all searching for peace, joy, and contentment.

What do you tend to worry about? What robs you of joy?

Stress, depression and anxiety are at an all-time high. Depression is living in the past. Anxiety is living in the future. Peace is living in the present and in the presence of God. 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.

How do you deal with times of stress, depression or anxiety?

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. 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.

Where has God proved Himself faithful in your life?

CORE PRACTICE

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.
- Practice fasting. You can find information about fasting at corechurch.com/fast.

Which one of these do you think would be/or has been helpful to you? Why?

CORE PRACTICE

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 us 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. Small Groups are a great place to find and develop Godly Friendships.

What has your small group meant to you?

Who do you know that you could invite to your small group? _____

Take a moment, as a group, to pray for the names that everyone has written down.

If you do not know someone to invite, begin praying and asking God to show you who to invite.

PERSONAL STUDY

- ***This week invite the person you wrote down to your small group or begin praying for someone to invite.***
- ***This week complete the Daily Devotions found on page 13.***
- ***Complete “Purpose in the World” (pp. 15-16). Write your answers and come ready to share with the group.***

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DEVOTIONAL

Use this devotional to reinforce the study you've taken part in. As you read the following passages ask God to meet with you. Read the passage. Reflect on what it says and what God could be saying through it. Finally, respond to what you've read. We encourage you to write down some of the things that God speaks to you about.

MONDAY – CORE VALUE: PEACE OF MIND

READ

Isaiah 26:3. Additional scripture: John 14:27, Romans 5:1

REFLECT

True peace isn't found in a calm environment, it's found in confident trust in God. The world around us can be chaotic, but peace comes when our thoughts are anchored to the steady truth of who God is. When we fix our thoughts on God's character and faithfulness, fear and anxiety begin to loosen their grip. Perfect peace is not the absence of chaos, but the presence of Christ. How do your worries affect your ability to enjoy the present moment?

RESPOND

TUESDAY – CORE PRACTICE: PERSISTENT PRAYER

READ

Psalm 34:4-7. Additional scripture: Luke 11:9-10, James 5:13-16

REFLECT

Prayer isn't just about getting answers, it's about realigning our hearts with the One who gives peace. When we pray, we move from panic to presence. Fear may still be present, but God's nearness changes how we respond. Persistent prayer reminds us that God is not only listening, but actively working in ways we cannot yet see. What fears have you taken to God in prayer? What would it look like to pray persistently this week?

RESPOND

WEDNESDAY – CORE PRACTICE: PERSISTENT PRAYER

READ

Luke 18:1-8. Additional scripture: Psalm 55:22, 1 Thessalonians 5:16-18

REFLECT

Sometimes we stop praying because we stop believing change is possible. But Jesus urges us to keep going, to keep asking, seeking, and knocking. Persistent prayer is not about convincing God, but about building trust in Him. Every time we return to God in prayer, we make space for His peace to fill us again. Where have you given up praying? How can you choose to stay persistent even when you don't see results yet?

RESPOND

THURSDAY – CORE PRACTICE: GODLY FRIENDSHIPS

READ

Proverbs 27:17. Additional scripture: John 15:12-13, Galatians 6:2

REFLECT

God didn't design us to handle stress, worry, and anxiety alone. We need people who remind us of truth and help us shift our focus from fear to faith. Godly friendships sharpen us, cutting away lies and building up hope. When life feels heavy, the presence of a trusted friend can lighten the load and point us back to peace. Who are your Godly friends that bring peace into your life? How can you be that kind of friend for someone else?

RESPOND

FRIDAY – CORE PRACTICE: GODLY FRIENDSHIPS

READ

Colossians 3:12-14. Additional scripture: Proverbs 13:20, Romans 12:10

REFLECT

Real friendship says, "I'm with you" even when life doesn't make sense. We are called to carry Christ's peace into our relationships, both by receiving and giving it. When we live this out, we create safe places where others can find peace too. God uses us to speak life and encouragement into the hearts of others. Who is carrying a burden that you can come alongside? What burden are you carrying that you can invite someone into?

RESPOND

SATURDAY – CORE VALUE: PEACE OF MIND

READ

2 Thessalonians 3:16. Additional scripture: Psalm 29:11, Philippians 4:9

REFLECT

Our peace isn't rooted in circumstances, it's rooted in trust. The more we trust God, the more room He has to fill our hearts with joy and peace. Trust grows as we remember His faithfulness and spend time in His presence. Even when life feels uncertain, we can live confidently knowing God is our source of unshakable peace. Where do you need to grow in trust this week? What would it look like to allow God to fill you with His peace today?

RESPOND

SUNDAY – CORE PRACTICE: SUNDAY WORSHIP

Gather with others today to worship and grow in the Scriptures.