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*Galatians 5:16-26*

Peace is when you have a calm assurance in your mind and heart within the circumstances of life.

*John 14:27*

What steals our peace?

1. The fruit of the spirit is not something we are trying to attain but something we have and grows inside us.

*Proverbs 4:20-23*

*Romans 12:17-21*

2. How do we achieve or grow the fruit of peace?

*Isaiah 26:1-8*

*Colossians 3:1-3*

3. We are to be peacemakers.

*Matthew 5:9 (NKJV / NLT)*

*2 Corinthians 5:18-20*

*Mark 4:35-40*

*Philippians 4:6,7*

*Romans 15:13*

*\*All scriptures are from the New Living Translation unless otherwise noted*

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## Small Group Outline & Discussion Questions

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### Connect:

Have each person share a high and low from this past week.

### Consider:

Peace is when you have a calm assurance in your mind and heart within the circumstances of life.

*Choose one or two questions for your group to discuss as time allows.*

- ▶ We all have worries and anxieties, some fleeting and some overwhelming. What are some things you do to align both your heart and mind in peace?
- ▶ Have you ever experienced a "peace that passes all understanding" in the middle of a difficult circumstance? Share about that experience.
- ▶ Sometimes we pray for peace and it doesn't come. What could be some reasons?
- ▶ Blessed are the peacemakers. What is the difference between peacemaking and peacekeeping?

### Commit:

*Spend 1-2 minutes in silence with these questions then share your thoughts.*

What we feed our heart, soul, mind, and spirit directly impacts our level of peace. What is one thing you may need to eliminate that contributes to anxiety? What is one thing you are doing or could begin doing to feed peace to your heart, mind, and soul?

Pastor Sam said talking to the Prince of Peace will bring to us the peace we need. This week, what would it look like for you to make prayer a first response instead of the last resort in the middle of worries and anxieties you might be facing?

### Care:

*Thank God for the highs mentioned earlier and remember the lows in prayer.*

Read Psalm 37: 1-7 and/or Psalm 91 as a prayer for your group this week. Pray for unimaginable peace in the midst of unimaginable circumstances.