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The life God offers is not just a final destination but a firsthand discovery of his goodness all along the journey.

I can experience the peace of God even in the midst of an anxious journey when my focus is on his goodness.

*Mark 4:35-41*

1. Jesus' presence is my focus.

*Deuteronomy 31:8; Joshua 1:9*

2. Jesus' promise is my focus.

*Isaiah 43:2; Psalm 23:4; Mark 4:37; Isaiah 41:10; Philippians 4:6-7*

*John 14:27; Psalm 34:4; Mark 4:38*

3. Jesus' power is my focus.

*Romans 8:38-39; Psalm 89:8-9; Romans 15:13; 2 Timothy 1:7*

*Exodus 14:14; Psalm 46:7 CEV; Hebrews 11:1*

*Numbers 6:24-26*

*\*All scriptures are from the English Standard Version unless otherwise noted.*

## Small Group Outline & Discussion Questions

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### Celebrate and Care:

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

### Big Idea:

I can experience the peace of God even in the midst of an anxious journey when my focus is on his goodness.

### Open Up:

How do you feel about being on the water? Love it or leave it?

### Discuss:

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

- ▶ Why is it a common mindset that believers will not face storms in their lives?
- ▶ Rodney said there were three kinds of people - those who have been in a storm and just got out, those who are in the midst of a storm, and some who say, “I haven’t experienced a storm.” Which category are you in right now?
- ▶ Have there been moments in your life where it has felt like Jesus was asleep even though he was with you? What happened?
- ▶ How would it change our perspective if we could remember that there is a coach “upstairs” that sees the big picture?
- ▶ Read Joshua 1:9. What practical steps can we take when it feels like God is not with us?

### Engage:

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

Read Isaiah 43:2. Where in your life right now do you need to invite Jesus’ promise into your focus?

How can you “put your car in neutral” and enjoy the ride in the midst of whatever season you are in? “Let not your heart be troubled.” John 14:27b

### Close together in prayer.

*Pray for peace that passes understanding to guard your hearts and lives.*

*Fill in the blank key: presence; power; promise*