



John 14:25-31

1. God knows all and can give peace to all.

John 14:27

2. Simple obedience brings peace.

John 14:26, 31

3. The opposite of fear is God with us.

John 14:25-27; Daniel 3:16-18 (NLT)

Small Group Outline & Discussion Questions

Celebrate and Care:

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

Review:

Often we fear and worry over all the "what ifs" of the future. Scripture reminds us that God can be trusted because he knows all, speaks to all, and is with us at all times.

Open Up:

Is there something you used to love that now you would prefer to avoid?

Discuss:

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

- ▶ What comes to your mind first when you think of living free of fear?
- ▶ Which obstacle to living "fear less" is most prevalent for you personally—world news, family situations, or concerns for the future?
- ▶ Read John 14:25-31 (ESV).
 - What does it mean to have the peace that Jesus was talking about rather than the peace that the world gives?
 - What are some ways we can choose to not "let our hearts be troubled"?
- ▶ Did one of the "with" verses Lindsey shared stick with you? If so, which one and what did it mean to you?

Engage:

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

What does your anti-anxiety diet need to look like?

What is the "what if" that plagues your thinking the most?

What is one step you can take this week to live in an "even if" mindset?

Pray:

Break into pairs or threes and ask God for peace that passes understanding in the "what if" areas you identified and courage to shift to an "even if" mindset.