



Shalom! Shalom! Learning To Walk In Perfect Peace – Week 3

DISCUSSION GUIDE

Overview

In this third message of the series entitled, *Winning Over Worry*, we will discover how to experience the peace God promises to give us.

Discussion Questions

Importance:

In a world filled with pain, despair, uncertainty, and death, it is impossible to find true lasting peace outside of Christ and His amazing promises.

“I have told you these things, so that in Me you may have peace. In this world you will have trouble. But take heart! I have overcome the world.” (John 16:33)

Implementation:

There are three important steps involved to experience the peace God promises to give us.

1. Lay a biblical foundation.

“You will keep in perfect peace...” (Isaiah 26:3a)

In Hebrew, this is a promise of double shalom or double peace. Peace, in Hebrew, is more than just the absence of anxiety or conflict; it is a state of wellbeing. God also promises to keep (guard) our minds, so this is possible.

“...those whose minds are steadfast...” (Isaiah 26:3b)

In Hebrew, the word steadfast means “to be founded on—or rest on—something.” In this case, God Himself is the foundation of perfect peace. This reality is experienced through the Word of God and the Worship of God.

- Have you ever experienced God’s perfect peace through His Word and Worship?

“...because they trust in You.” (Isaiah 26:3c)

If our ultimate reliance is on anything other than God Himself, the promise of peace will prove almost impossible to experience. At this point, repentance becomes very important to your progress. Historically, there has been a tragic tendency for the people of God to put their trust in earthly kings and kingdoms instead of the King of the Universe and His Kingdom.

- Why do we sometimes put our trust in other things instead of God?
- How can we continually choose to put our trust in God instead of worldly things?

2. Lift your **burdens and anxieties** to the Lord.

“Do not be anxious about anything...” (Philippians 4:6a)

This is one of the most difficult injunctions in Scripture to comprehend, along with the command to not be afraid.

- How do you respond to this challenge?
- What exceptions do you usually make for worry?

“...but in every situation, by prayer and petition, with thanksgiving, present your requests to God.” (Philippians 4:6b)

It is important to verbally lift up every one of our anxieties and stresses to the LORD in an attitude of prayer and worship. Will we *worry* over our anxieties or *worship* over them? How we answer this question will determine the level of peace we experience.

- Why is it important to pray with thanksgiving?

3. Let the peace of God **rule and guard** your heart and mind.

“And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.” (Philippians 4:7)

The key to releasing this peace is found through the spiritual disciplines. Paul’s command to worship—not worry—is critical because of its spiritual, neurobiological, and psychological effects. Resisting the tendency to become stressed and anxious involves a lifestyle of practicing the peace of God. In the end, what you feed on will determine the level of both your faith and your peace.

- How does our level of faith affect how much peace we experience?

Life Challenge

Philippians 4:8 says, **“Finally, brothers, whatever is true, whatever is honorable whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of praise, think about these things.”** This week, choose to have an attitude of prayer and worship when anxiety or conflict begins to occur.

Prayer

God, we thank You for giving us the solution to anxiousness and stress in our lives. Help us to put our trust in You alone when trials come our way. We praise You for teaching us how to walk in Your perfect peace. Amen. Pray for the specific needs of the group.