

Getting Started

1. What situation(s) tend to rob you of peace?

2. Have you noticed something that contributes to your anxiety personally (diet, tv/movie habits, internet, watching the news, etc)?

Into the Bible

3. Read 1st Peter 3:11. What is our part, if we want peace?

4. What does Romans 14:17 say peace is a result of?
 - a. Healthy relationship requires trust. Now read Isaiah 26:3. If perfect peace comes from trusting God whom we have relationship with, how do we pursue peace?

5. What should be the first thing we do when worry begins to creep up? Why do we neglect to do this so often? Read Philippians 4:6-7.
 - a. Sometimes we believe that God *can* answer us & we will receive peace when we cast our cares, but we wonder if He *will*. What does Matthew 7:11 say about this?

Application

6. What is a way that you can move toward pursuing peace this week? How can you discipline your mind to consume less junk & more of God?