

The Peace of God (Philippians 4:7)

Here is a suggested flow of questions and discussion.

Ice Breaker:

Have you ever endured a torrential (physical) storm? Describe the fierceness of the storm and how you withstood its strength. *(Give all who choose to the opportunity to give a short answer. This should not take more than 10 minutes)*

Watch the video.

You could take some limited time to ask, "What jumped out at you in the video and why?"

Application Questions

1. John 14:27 says, "Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid." What is the difference between the "peace" the world gives and the peace God gives?
2. In Matthew 8:26, Jesus says to his disciples, "You of little faith, why are you so afraid?" After saying this, Jesus "got up and rebuked the winds and the waves, and it was completely calm." Could Jesus be telling you the same thing today? What area of your life is dominated too much by fear and not enough by faith?

Jesus rebuked the winds and the waves. When was a timer you saw Jesus rebuke the "winds and the waves" of your life's storm?

3. Hebrews 12:6 and 11 says, "... Because the Lord disciplines the one he loves, and he chastens everyone he accepts as his son... No discipline seems pleasant at the time, but painful. Later on, however, it produces a harvest of righteousness and peace for those who have been trained by it." Many times, the "winds and waves" in our storm are caused by our own poor decisions. And the Lord, just as he rebuked the winds and waves in Galilee, rebukes us for disobeying his word. According to the verses we read, why does God discipline us?

To what type of relationship do these verses compare our relationship with God? How can God's rebuke bring calm to our storm?

Closing Prayer

Wrap up this time by talking to the Father. Your group may want to begin the prayer timer by reading the comforting words of Psalm 29:10-11: The Lord sits enthroned over the flood; the Lord is enthroned as King forever. The Lord gives strength to his people; the Lord blesses his people with peace.