



## Small Group Questions

### Part 1: I Wish You Peace

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## Read

John 14:27; Proverbs 17:22; 1 Peter 5:7; Galatians 5:6; Romans 5:1 and 8:28; and Philipians 4:13

## Reflect

Long before scientific studies provided empirical evidence of what stress does to us, God told us how to alleviate it. Pastor Greg highlights the Bible's best antidote to stress:

1. Laugh more.
  - a. What humor does:
    - i. Reduces pain
    - ii. Strengthens immune function
    - iii. Decreases stress
  - b. Would you say you laugh a lot?
  - c. Do you consciously try to find things to be cheerful about...or will make you laugh?
  - d. Have you considered praying for a spirit of joy? Do you think it's possible for you? Explain.
2. Release worry.
  - a. Do you believe you have a choice about whether to worry or not?
  - b. What do you specifically need to release to God?
  - c. What is your process for releasing your burdens?
    - i. Consider this exercise: tell yourself the truth. Most of what you worry about will not occur. But write down your worries. At the bottom, write: Transferred to God. Sign and date it. Pull out the paper when you start to worry again. Remind yourself God's got this.
    - ii. Why is this a useful exercise?
3. Find faith.
  - a. Saving faith.
    - i. Have you accepted and received God's love? If not, what is holding you back?
  - b. Strengthening faith.
    - i. Are you claiming God's Word? Do you call out to him when you're going through something hard?
      1. If not, have you considered that the Enemy is using some of the darker times in your life to keep you from drawing closer...and strengthening your relationship with God?
    - ii. What has happened when you've called out to God in the past?
  - c. Sustaining faith.
    - i. Would you say you tend to measure God's love by your circumstances?
    - ii. How could focusing on what Jesus did on the cross help you see your circumstances differently?
    - iii. Have you ever "borrowed" someone else's faith to get you through a really hard time—a time when you just didn't have the faith and strength yourself?
      1. How did it impact you?

Of saving, strengthening, or sustaining faith, which are you in most need of right now?

## Respond

What is your next step? Where is God leading you? How can your small group support you?