

## Small Group Questions: The Gift of Peace

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### Read

John 14:26-27; Matthew 14:13; Mark 1:35-37; Mark 6:31-32; Luke 22:40-42; Philippians 4:4-9; Hebrews 11:6; 2 Corinthians 10:5; 1 Corinthians 11:1

### Reflect

Jesus taught his disciples that praying in solitude is good. Quiet time allows for prayer, reflection, and gratitude. God gives us peace, when we need it. Where do you find peace?

Pastor Josh Walters gives us four ways we can find peace:

#### 1. Make the choice to rejoice

- a. How do you prepare your heart for Christmas? Can you accept God's everlasting gift?
- b. What are your favorite songs to express God's joy?

#### 2. Flip the script on worry

- a. What worries can you give to God? Discuss the reasons you have trouble giving these worries to him.
- b. Share Bible verses that help you release worry, such as Psalm 34:17.

*The righteous cry out, and the Lord hears them; he delivers them from all their troubles.*

#### 3. Think about your thoughts

- a. How much time is needed to unplug from today's noise? What is your plan to set aside time for prayer and reflection?
- b. Can you be deliberate about improving your quiet time? What unhealthy habits can you replace with healthy ones to build a stronger relationship with God?
- c. Jesus used solitude to prepare for the day. How do you prepare for each day?

#### 4. Predetermine best practice

- a. Who do you know that honors God? How can you learn from him/her?
- b. What famous person do you admire most? Why do you look up to him/her? Does this person have some talent or does he/she live a Godly life?

### Respond:

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