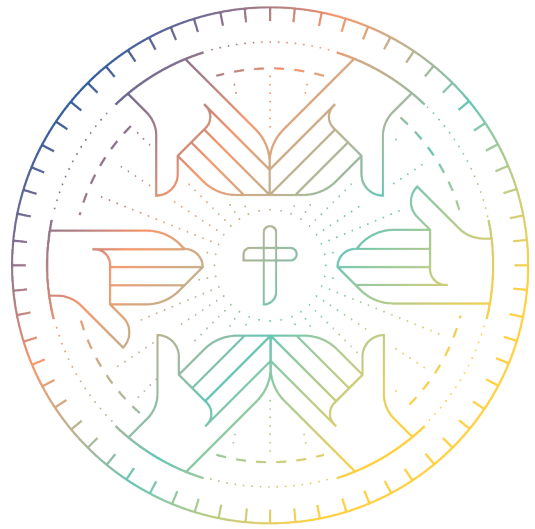


Group Life.

W E A R E B E T T E R T O G E T H E R



SMALL GROUP GUIDE

More Than a Story: “The Promise of Peace”
Scripture Focus: Philippians 4:4-9

ICEBREAKER

What’s one thing this past week that made you smile or brought a moment of calm?

or

When you think of “peace,” what comes to mind? Is that picture based on circumstances or something deeper?

SERMON SUMMARY

This week, we explored God’s promise of peace from Philippians 4. Scripture doesn’t describe peace as the absence of problems, but as the presence of God in our problems. Anxiety divides and distracts us, but God offers a path to peace that is steady and secure. That path includes worship, prayer, mindful thinking, and daily practice. Peace isn’t passive—it’s pursued. And ultimately, it’s found not in self-effort, but in surrender to the Prince of Peace.

What stood out to you from the sermon?

INTO THE WORD

1. Peace through Worship and Prayer

Read Philippians 4:4–7 and Psalm 139:23–24

Paul calls us to rejoice and pray in the middle of anxiety. What stands out to you in these verses as the starting place for peace?

What does it practically look like to “present your requests to God” with thanksgiving in anxious moments?

2. Peace through a Transformed Mind

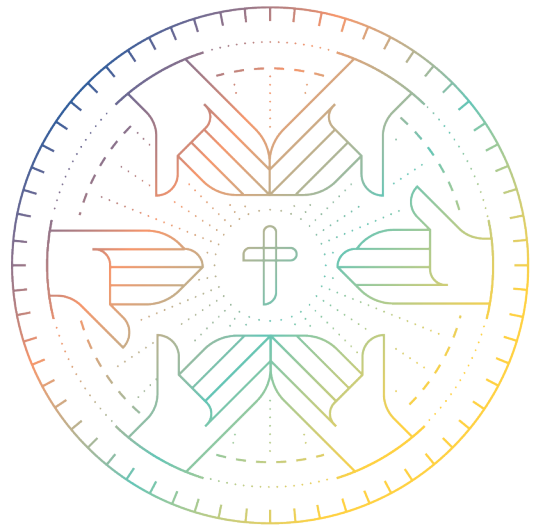
Read Philippians 4:8 and Romans 8:5–6

How does what we dwell on influence the level of peace we experience?

In what ways does the Holy Spirit help us redirect our thoughts toward truth?

Group Life.

WE ARE BETTER TOGETHER



3. Peace through Practice

Read Philippians 4:9, Colossians 3:2 and Psalm 34:14-19

Paul tells us to put into practice what we've learned. What might be one "peace practice" you could start—or return to?

How do daily rhythms (Scripture, prayer, confession, community, priorities) play a role in cultivating lasting peace?

EMBRACE AND EMBODY

Peace is more than a fleeting feeling—it's the promised presence of Jesus in the middle of life's storms. Anxiety may try to dominate your mind, but God's peace is stronger. Begin with worship. Bring everything to Him in prayer. Let the Holy Spirit renew your thinking. Then, take action by practicing what you know. Peace is found when we seek God daily—through time in His Word, honest community, prayerful surrender, and aligning our lives with His truth.

As a group, take time to reflect on one or more of these questions:

Where in your life do you currently need peace the most?

What is one thought or fear that has dominated your thinking lately—and how can you replace it with truth?

What daily practice could help you shift from anxiety to peace this week?

OPTIONAL GROUP PRAYER EXERCISE: "Lay it Down"

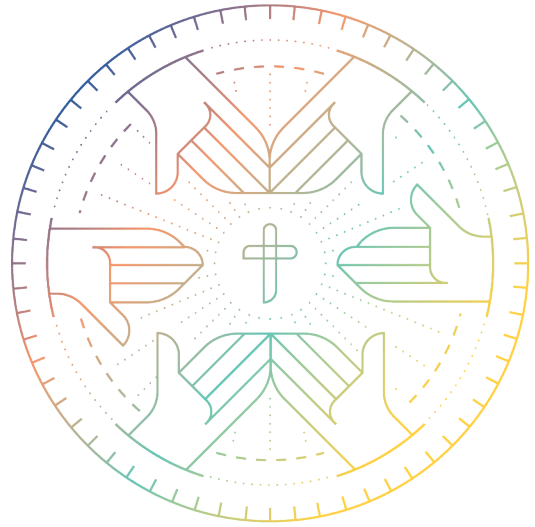
Purpose: To release anxiety and invite God's peace through intentional, guided prayer.

Instructions:

1. Prepare: Pass out index cards or pieces of paper and pens to each person.
2. Reflect (2 minutes): Invite everyone to silently reflect and write down one area of anxiety or distraction they are carrying right now.
3. Read Aloud: Philippians 4:6 (ESV). Remind the group: "This is not about fixing it—this is about surrendering it."

Group Life.

W E A R E B E T T E R T O G E T H E R



4. Silent Prayer (1–2 minutes): Ask each person to silently lift their cares to the Lord in prayer, naming their burden and asking God to replace their anxiety with His peace. When they are finished, invite group members to fold and drop their cards into a basket – symbolic of laying it down at the cross.
5. Pray over the group, asking God to replace every anxious thought with the calm of His presence.

CLOSING PRAYER

Father, You are the God of peace, and we thank You for Your promise to guard our hearts and minds in Christ Jesus. Help us release our anxieties and welcome Your presence into every situation. Teach us to think on what is true and good. Empower us to practice Your way daily. We trust in You, Jesus—the Prince of Peace. Amen.