

ICE BREAK

- What is one thing that can most quickly steal your peace on an ordinary day? (Traffic, social media, work stress, family dynamics, etc.)

Key Takeaways from the Sermon

1. Jesus promises there is another side - The presence of pressure does not prove the absence of God **2.** Walking with Jesus doesn't exempt you from storms - Disciples were in the boat WITH Jesus when the storm hit **3.** Peace is not the absence of emotion - It's regulation in the presence of chaos **4.** Jesus gives permanent peace, not temporary relief - The world offers counterfeits **5.** Divine regulation requires the Prince of Peace governing our lives - Peter went from dysregulated (in the boat) to regulated (sleeping in chains in Acts 12)

2. Examining Peace A. Read John 14:27 together. What do you think Jesus means when He says, "I do not give to you as the world gives"? What are some "counterfeit" versions of peace the world offers? **B.** The sermon defined regulation as "the ability to be so aware of everything around you and not allow what's happening around you to take that peace." How does this differ from what you previously thought peace meant? **C.** Discuss: Can you think of a time when you felt angry or sad but still had an underlying peace? What made that possible?

3. Examining our Response to Storms A. The disciples were professional fishermen on familiar waters, yet they panicked. Why do you think we sometimes lose peace most quickly in areas where we feel most competent or in control? **B.** Read Mark 4:38 again. The disciples asked Jesus, "Don't you care if we drown?" When have you prayed a "dysregulated prayer" where you questioned God's care for you? What was happening in your life? **C.** Jesus rebuked the wind first, then told the waves to be still, which calmed the boat, which calmed the disciples. What does this order teach us about addressing the root cause of our anxiety rather than just the symptoms?

4. The Influence of Peace A. The sermon stated: "What is happening in you will eventually reach what is around you." How have you seen someone else's regulation (or dysregulation) affect you or a room you were in? **B.** Challenging question: The sermon mentioned that 40% of high school students experience persistent sadness and

only 10% have attempted suicide. How might your personal peace (or lack of it) influence the next generation's understanding of who Jesus is? **C.** Read Acts 12:5-7. Peter went from waking Jesus in panic to sleeping in chains the night before his potential execution. What transformation took place in Peter's life for this change to occur?

5. Personal Reflection & Challenge A. On a scale of 1-10, how regulated am I in my daily life? **B.** What Winds of change am I allowing to agitate to Waves in my life? **C.** Is the presence of Peace governing my regulation, or am I trying to manufacture peace of my own?

REFLECT

- Reflect and Discuss **Philippians 4:6-7** Memorize and when anxiety strikes, pray this scripture as a prayer. At the end of the week: Share with the group how that helped bring you peace.

PRAY

- Pray for each other to grow in the peace of God and impact others.
- Pray for someone who is impacted by your lack of peace.
- Pray for specific people who are struggling with a lack of peace.