

GROUP Guide: "PEACE" – The Sweet Life

Opening Thought

"This week we're exploring biblical peace—not as the absence of trouble, but as the presence of wholeness and God's presence in our lives."

Guiding Question 1:

"What is preventing you from fully trusting God's love, grace, and forgiveness?"

- How does recognizing our separation from God help us find peace?
- What does it mean to "reconcile your future to God"?
- How has God's grace changed your ability to trust Him?
- What's one area where you struggle to believe God's love for you?

Scripture to Reference: Romans 5:1, Galatians 5:22–23

Guiding Question 2:

"When anxiety rises, do you run to God or try to carry the burden yourself?"

- What does it look like practically to "cast your anxieties on Him" (1 Peter 5:7)?
- How does peace with God create the foundation for inner peace?
- What are some ways you've experienced God's peace during anxious moments?
- What prevents us from bringing our worries to God in prayer?

Scripture to Reference: John 16:33, Philippians 4:6–7, 1 Peter 5:7–9

Personal Reflection Activity: Identify one current worry. Silently pray about it using Philippians 4:6–7 as a model (bring the request to God with gratitude).

Guiding Question 3:

"Am I contributing to peace or creating conflict in my relationships?"

- How do peace with God and inner peace enable us to handle relational conflict differently?
- What does it mean to "do all that you can to live at peace with everyone" (Romans 12:18)?
- How does Jesus's teaching in Matthew 5:39–41 challenge our natural responses to conflict?
- What does a peacemaker look like in your church, workplace, or family?
- Where do you need to pursue reconciliation?

Scripture to Reference: Romans 12:18–19, Matthew 5:39–41, Matthew 5:9

Key Takeaway: "Peace is found not in the absence of problems but in the presence of God."

Personal Challenge: Complete these statements silently:

- "This week, I will pursue peace with God by..."
- "This week, I will pursue peace within myself by..."
- "This week, I will pursue peace with others by..."