

## Small Group Guide: Jesus is Peace

### Opening Question: (Choose one)

What's a funny or memorable fear you had as a child? How did you eventually overcome it?

OR...

What's one activity or hobby that helps you unwind and de-stress? Why does it work for you?

**Opening Prayer:** *Heavenly Father, we gather today with hearts open to receive Your Word. As we dive into the message of Your faithfulness and peace, we ask that You quiet our minds and calm our spirits. Help us to trust in Your promises and to understand the depth of Your love for us. Guide our discussion and speak through us as we seek to know You more deeply. In Jesus' name, we pray. Amen.*

### Key Takeaways:

1. What we worry about most often reveals what we trust God the least.
2. Trust in God is an action, not just a belief.
3. God is faithful in the past, present, and future.

### Discussion Questions:

1. The pastor asked, "What keeps you up at night?" If you are comfortable, share with the group one thing that causes you stress or worry in your life currently.
2. **Read Matthew 6:25-27:** Jesus tells us not to worry about our lives. How do you interpret the phrase, "Do not worry about your life"? In what areas do you find it most challenging to trust God instead of worrying?
3. **Read Exodus 13:3:** Moses instructed the Israelites to remember God's deliverance from Egypt. What are some personal "monuments" or testimonies of God's faithfulness in your life that you can reflect on or share with others? How might building these spiritual "monuments" help increase our faith in challenging times?
4. **Read Psalm 62:7-8:** This passage speaks about trusting God as our refuge. In what ways has God been a "mighty rock" or "refuge" for you in the past? How can remembering these moments help you trust Him more in your current situation?
5. **Read Genesis 2:16-17 and Genesis 3:1:** How does the question "Did God really say?" challenge your trust in God's Word today? Can you share a time when you felt tempted to doubt what God has said?
6. **Read Joshua 14:9 and Numbers 13:1-2:** The Israelites were reminded that God was with them as they entered the Promised Land. What "promised lands" or opportunities has God placed before you? How can you rely on His presence and promise to walk forward in faith?
7. The sermon mentioned that "trust is not a belief, it's an action." What does this mean to you practically? How can we demonstrate trust in God through our actions?

**Practical Applications:**

1. This week, start a "faithfulness journal." Each day, write down one way you've seen God's faithfulness in your life.
2. Identify one area of worry in your life. Create an action plan to actively trust God in this area (e.g., through prayer, seeking godly counsel, taking a step of faith).
3. Memorize John 14:1 - "Do not let your hearts be troubled. Trust in God; trust also in me."
4. Choose a "worry trigger" (like checking your bank account or watching the news). Every time you encounter this trigger, pause to pray and remind yourself of God's faithfulness.

**Closing Prayer:** *Lord, we thank You for this time of fellowship and reflection. This week, remind us of Your faithfulness throughout our lives and give us the courage to trust You in all things. May Your peace, which surpasses all understanding, fill our hearts and guide our paths. Help us carry the lessons we've learned into our daily lives. In Jesus' name, Amen.*