

THREE YEARS FROM NOW

Finding God's Peace in an Anxious World

Philippians 4:5-7

Opening Question:

- Think of a time when you felt completely at peace. What were the circumstances, and what made that moment so peaceful?

General Observation:

- The sermon discusses the concept of "shalom" as more than just the absence of conflict. How would you describe this fuller understanding of peace based on what was shared?
- What stood out to you about the description of peace in the Garden of Eden before the fall?
 - The scope of peace is found in four illustrations in Genesis (Presence, Purpose, Position, Personality). Review each one.
 - Which one do you find the most challenging in today's world?

Understanding the Message:

- In Philippians 4:5-7, Paul writes about the peace of God. What specific instructions does he give for experiencing this peace?
- The sermon mentions that God's presence is key to experiencing peace. How did the sermon explain the significance of the phrase "The Lord is at hand" in Philippians 4:5?
- How does the sermon connect Jesus' experience on the cross (Matthew 27:45-46) to our ability to experience God's presence and peace?

Personal Application:

- The sermon suggests that anxiety is a product of fear. Can you think of a time when fear led to anxiety in your life? How might remembering God's presence have changed that experience?
- Paul encourages us to pray "with thanksgiving" even when making requests to God. How easy or difficult do you find it to be thankful in the midst of anxious circumstances? Why do you think that is?
- The peace of God is described as a guard for our hearts and minds. In what areas of your life do you most need this kind of protection right now?

Action Steps:

- This week, set aside time each day to acknowledge God's presence. You might say aloud, "The Lord is at hand," or simply sit quietly, focusing on His nearness.
- When you feel anxiety rising, practice turning it into prayer. Try writing down your anxious thoughts, then reframe them as requests to God, including elements of thanksgiving.
- Choose a verse about God's peace (such as Philippians 4:7 or John 14:27) to memorise and meditate on throughout the week.