



Peace of Mind
Philippians 4:6-7

Big Idea: He is able to carry the weight of every worry.

Outline:

1. The Problem of Worry
2. The Commission to Petition
3. The Promise of Peace

Discussion Questions:

1. What do people tend to worry about? “What if...”
2. What do *you* tend to worry about? “What if...”
3. What is the difference between a *concern* for something and *worrying* about it?
4. Keeping in mind your answers to question 2, what is a truth about God that helps you trust Him with your worry?
5. Can you share a testimony from your own life about the power of prayer?
6. How does thankfulness inform our prayers? What can you thank God for today?
7. How does the “peace of God” differ from the peace of mind that the world offers? (John 14:27)
8. Have you ever been in a situation that seemed like it had no way out? How can we have God’s peace even in those kinds of situations?