

OUTLINE & DISCUSSION QUESTIONS

PEACE IN AN AGE OF ANXIETY

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JOHN 14:25-27

The Peace the _____ Offers

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How to _____ Peace _____

How to _____ Peace _____

DISCUSSION QUESTIONS FOR FAMILY, FRIENDS & GROUPS

ICEBREAKER: What's a song that instantly resets your mood—the one you put on when everything feels like too much?

1. If someone handed you a Fitbit right now that tracked not just your heart rate but your stress levels throughout the day, what part of your day/week would it spike? When would it dip?
2. Read John 14:25-27 out loud. Give everyone 2-3 minutes to jot down observations and questions. Go around the group and share them.
3. The sermon described four ways the world offers peace (changing circumstances, self-accomplishment, self-affirmation, and distraction). Go through them and explain why they each fail to deliver what they promise.
4. The sermon said, "It is never necessary for you to be anxious in order to do good in the world." Is that true? Why is that hard to believe?
5. Why is it important to understand that the Spirit is a person (not an impersonal energy) and God (not a lesser being)?
6. Of the four ways the Spirit offers peace—presence, conviction, defense, and guidance—which one do you most need right now, and what would it look like to actually receive it?
7. How do you know when the Spirit is convicting you of sin? How is that different from the accusation of the enemy?
8. The practice of "practicing the presence of God" is described as an ongoing, ordinary conversation throughout the day rather than one dedicated quiet time. What would it take for you to actually do that this week? What cue could you use?
9. The sermon claimed that the way to address your anxiety is not to avoid the hard things, but to face the hard things (with the Spirit's guidance). Why does that work?
10. What's the specific hard thing you've been avoiding that you most need to face? What would a first step in that direction look like?
11. Think about a recurring anxious situation in your life—a relationship, a workplace, a family dynamic. What would it look like to enter that situation as a thermostat rather than a thermometer this week?

PRAYER PROMPT: Have each person name one anxious environment they walk into regularly—a workplace, a family situation, a friendship. Pray together that God would make each person in the group a non-anxious presence in that specific room this week.