

Lesson 4 – Peace

October 10, 2022

What is peace? Freedom from disturbance; tranquility; freedom from disquieting or oppressive thoughts or emotions; harmony in personal relations.

Small Group Questions:

1. What things do I rely on myself for in stressful situations, instead of seeking God for my sense of peace?
2. How do I rely on friends to help me with the pressures I face? Do I think my friends can be peace robbers?
3. What are some ways God has brought you peace during stressful situations?
4. What have you learned about trusting God to help you through the pressures of your life?
5. What is a simple way I can remember to stop in the midst of pressure and ask God to help me? (*share 1 answer each*)