

CG- Guide: Finding Peace in an Anxious World

Warm-Up Question:

“Chronic anxiety doesn’t look like worry or fear; chronic anxiety looks like reactivity.” ~ Steve Cuss

1. Where and how do signs of anxiety show up? Do you tend to be more aggressive or more passive?

Main Study Questions:

2. Reflect on John 14:27. How does Jesus' promise of peace differ from the peace the world offers?
3. In Philippians 4:6-7, Paul encourages us to present our requests to God with thanksgiving. How does practicing gratitude impact your sense of peace?
4. Share a time when you experienced God's peace in a situation that seemed overwhelming or hopeless. How did it change your perspective?
5. What is something you believe about yourself that is not true? How does this false belief disrupt your peace, and how can you align it with God's truth?

Reflection and Application Questions:

Look at the practical steps from Philippians 4:6-9: We need a posture of Prayer, petition, thanksgiving, asking, thinking about, and putting into practice the things of Christ; which of these do you need better posture to cultivate peace in your life?