

# DISCUSSION GUIDE

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## PEACEFUL PEOPLE – PEACE WITH MYSELF

### Key Scriptures:

**John 14:27, John 16:33, Colossians 1:20, Mark 4:39, Matthew 11:28, Isaiah 26:3, Colossians 3:15**

### River Ridge Core Value:

**LIVING GOD’S WAY IS BEST**

### Getting Started:

1. When you hear the word peace, what do you picture?
2. What is the most peaceful place on earth for you?

### Digging Deeper:

3. What stood out to you most from this message? Were there any questions that you had after listening to Chad’s message?
4. **Read John 14:27 and 16:33** again.
5. What do you think is the number one reason why people aren’t experiencing Jesus’ gift?
6. One culprit is our schedules are full of busyness. What gets cut first when your schedule is too full?
7. How have you been able to follow God’s command of keeping the Sabbath? Do you agree with Chad’s statement that “without the rest our bodies need we won’t have peace”? Why or why not?
8. How does taking a Sabbath show that someone trusts God?
9. **Read Matthew 11:28** again. Has this verse been true in your life? How?

### Looking Inward:

10. Chad said, “we can’t control the thoughts that come in our mind, but we can control what we dwell on the most.” How do you feel like you have been in this area? What gets the most of your brain space?
11. Read Colossians 3:15 again.
12. How can we “let the peace of Christ rule...”? What does that look like in our everyday decisions?

### Next Steps:

13. How can this group pray for me to grow in this area of my life?