



December 7-8th, 2024

Break the Ice

An increase in our overall pace of life is reality that we all must navigate. Faster communications, information overload, and demands on our productivity are just a few of the contributing factors given for this increase. Unsurprisingly, this has led to an epidemic of people struggling with feeling burnout.

What is a small, practical way that you find a level of peace throughout your busy week?

Up

Read and reflect on Philippians 4:6-7 together.

What stands out, is confusing, or provoking your train of thought from this passage?

What connections can you make between this passage and the Christmas story?

Pastor Ron used the quote, “worry is meditation in the wrong direction.” How does this and the passage inform our understanding of prayer and its role in our life?

In

How do we compromise experiencing peace within our own lives? Consider the arenas given in the sermon of peace with God, others, me and forever.

Peace is not something we pursue directly, but rather a byproduct of more complete understanding. Then what practices would benefit you in experiencing greater peace in your life?

Out

In what ways should being at peace with God influence our daily thoughts, actions, and decisions?

Emmanuel means, “God with us.” This word is thrown around a lot during the Christmas season. But how does this truth contribute to our peace? How can we live out this type of presence with others?

Prayer

Conclude your time by leading the group to pray:

- Spend time surrendering specific worries as a group and asking God to work in restoring peace in our minds.