



**Sermon-based small groups connect the week to the weekend!**

*Dig deeper into the talk each week, while getting connected, cared for and known. Challenge yourself to see how the message actually makes sense and applies to your everyday life and do it with people just like you to support you on your journey.*

**Message Info:** Guarded Thoughts, 10/16/22 - The peace we experience guards our hearts and minds. Unfortunately experiencing peace these days is a difficult endeavor. Most of us experience more conflict, chaos, and stress than we we experience peace. Fortunately God lays out a path for us to experience more peace in our lives. It is directly connected to how we think, because what we think always plays out in what we do. So to experience more peace we have to start with what we think about. *(Passages: Philippians 4:4-9; Proverbs 17:22; Psalm 103:2; Ephesians 1:3, Psalm 66:1-9)*

**Discussion Questions:** Take your time and dig into these questions.

On a scale of 1-10 (1 being none at all, 10 being all I do is feel peaceful) how much peace would you say you have been experiencing lately? Why did you pick that number.

What are some common things that steal peace from you or the people you care about?

Read Philippians 4:4-9; What sticks out to you most from this passage? Why?

The end of the above passage really lays out a three step path to more peace. 1. Think different. 2. Put in to practice what you learn from God. 3. Experience God's presence and peace. Pastor Josh made the observation that most of the time the process is sabotaged by how we think. Do you agree with that statement? Why or why not?

Why do you think it is so easy to focus on the negative around us and in us?

Read proverbs 17:22. Do you think focusing on the negative crushes spirits? What areas of your life have you been killing because your spirit or the spirit of people you care about has been crushed by focussing on the negative.

When we think about the Good god places around us it gives us freedom from our past, fresh hope for our future and strength for today. Why do you think that is?

Make a new list on actual paper of all of the good God has been blessing you with. It may be hard if things are rough right now but God has been doing some good around you, in you

**Group Challenge:** Invite a friend to church with you.