



Worship

Read Philippians 4:4-9 aloud. Take a moment to reflect on God's Word and center in Him.

Fellowship

What is one place that feels peaceful to you?

Discussion

1. Pastor Carlos shared that the Hebrew concept of shalom includes "wholeness, completeness, fullness of peace."

How does this differ from other understandings of peace?

Have you ever experienced shalom, the peace of God?

2. Read Isaiah 26:1-4

What does this passage reveal about God?

God gave this message to Isaiah in a period of great fear and unsettledness for His people. How does that historical context affect your reading of this passage and its meaning for us today?

3. What keeps you up at night? What might those thoughts reveal about what your mind is fixed on?

4. Read romans 8:5-11

Compare those whose minds are governed by the flesh and those whose minds are governed by the Spirit.

What has Christ changed for you? How does being in the realm of the Spirit affect your thoughts and prayer life?

5. How would it look for you to treasure the presence of God and carry His true peace into your home, workplace, or neighborhood this week?

6. How can you structure your life this week to include:
Practicing the presence of God as you go through your day?

Anchoring times of silence and stillness with God?

Prayer

“When our prayers seem to be more about maintaining control and offering God our agenda for his stamp of approval, praying Scripture can return us to a simpler state of openness and attentiveness to God...When we are at a loss for words and have no prayers in our heart, the prayers of Scripture are ready to guide us to God.”¹

Practice praying scripture together as a group. Choose a psalm or another sort passage to read aloud as a group. Then spend a few minutes in prayer together. Start with a word or phrase that stands out to you, then use God’s words to offer a simple prayer to Him.

For an example, watch [this video](#) demonstrating praying Psalm 23 (start at 1:05).

¹ Adele Ahlberg Calhoun, *Spiritual Disciplines Handbook* (Downers Grove: IVP Books, 2015), 279.