

LG DISCUSSION LIFEGROUPS GUIDE

Use these questions in your Life Group gatherings or for further discussion as a family.

PEACE WITH GOD LEADS TO PEACE OF MIND | SEPTEMBER 14, 2025

SERMON RECAP

Peace of mind flows from peace with God. Paul reminds us that joy, gentleness, expectancy, prayer, and gratitude will guard our hearts and minds against anxiety.

THE LEAD IN

- What comes to mind when you hear the phrase “peace of mind”? Is it something you can identify with, or does it feel elusive?

GETTING INTO THE TEXT

- In Philippians 4:4-7, Paul gives 5 “Do’s”: rejoice always, model gentleness, expect Christ’s imminent return, pray about everything, and pray with a grateful spirit. How do these help disarm anxiousness?
- How does God’s peace guard our hearts and minds in real life?

GOING DEEPER

- Which of the 5 “Do’s” listed above are the hardest for you to practice well? Why?
- Verse 7 tells us of the peace of God that transcends our human understanding. Have you ever experienced that peace? How does it transcend your understanding?

PRAYER

- Prayer is one of the “Do’s” that Paul encourages us to practice in pursuing the peace of God rather than allowing anxiety to consume us. Pray together for His peace that transcends our understanding!