

LIFE GROUP QUESTIONS

Peace

Passage: Psalm 46

Introduction: John focused on the peace that Jesus came to provide. Many things may seem stable in our lives, but the Lord alone is our refuge and strength—an ever-present help in trouble.

Additional passages: Passages that relate to:

- He is our refuge and strength: Psalm 18:1-2, 91:1-2, Isaiah 12:2.
- His presence brings us joy: Psalm 23; John 6:35, 7:37-39, 14:26-27; Rev 22:1-2.
- He subdues our enemies: 1 Cor 15:24-25, Eph 1:20-22, Col 2:11-15, 1 John 3:8.
- Experience this peace: Isaiah 40:29-31, 43:1-3a; Phil 4:6-7; 1 Peter 5:7.

Questions:

1. In his first point, John talked about how God is available to us as our refuge and strength and how we need to go to him with the pressures in our life. How is it going with going to the Lord as your refuge when you feel overwhelmed? How about with living dependently on Him even when you don't feel overwhelmed?
2. John noted various other sources we might go to for refuge: food, movies, friends, weed, pills, alcohol in excess. Which of these are particular temptations for you, particularly when you are stressed/anxious?
3. John noted that the image of a river in verse 4 points to provision and nourishment even during an enemy siege. How have you felt the Lord actively at work in your life even when present circumstances are overwhelming?
4. No matter the conflict or situation, John noted that we need not fear for God is with us. What are situations in your life when you are prone to shrinking back from honoring God out of fear? How can you prepare now for when a similar situation arises in the future? What will help you honor the Lord next time?
5. In his third section, He subdues our enemies, John said if you can be made right with God, you really have nothing to fear by comparison. Why is that? Reflect on what Jesus accomplished for you through His death and resurrection. What does Romans 8:31-32 have to say about how Jesus' decisive act reconciling you to God impacts the rest of your life?
6. What fears or worries prevent you from experiencing internal peace? How does the greatness of God help calm this fear? How about the goodness and love of God?