"Joy In The Everyday: Peace For Every Anxiety"

Growth Group Guide **November 1, 2026**

WELCOME *(Connecting with each other)*

Does fighting anxiety feel like a Chinese finger trap to you? Or perhaps trying to control it feels as impossible as holding onto a wet bar of soap. If so, share why one or both of these analogies connect for you?

WORSHIP THROUGH PRAYER *(Connecting with God)*

Open in prayer remembering Jesus is your Peace. This Brother, Friend, King, Savior who dwells IN you is your strong fortress and inner-peace. Give thanks; you are supplied with all the Peace you need in Him.

Micah 5:5a NASB. This One will be our peace.

Ephesians 2:14a ESV. For he himself is our peace.

Proverbs 18:10 ESV. The name of the LORD is a strong tower; the righteous man runs into it and is safe.

2 Peter 1:2 AMP. Grace and peace [that special sense of spiritual well-being] be multiplied to you in the [true, intimate] knowledge of God and of Jesus our Lord.

WORD *(Letting God speak to us)*

1. **Read Philippians 4:6-7.** Looking through this verse, what words or phrases comfort you and which ones cause you some stress? If you are comfortable, share why you feel this way.
2. Worry and anxiety come from living in a state where we believe God isn't available to us. This makes it necessary for us to fill His role of being in control and figuring things out. Why do you think this is important to understand?
3. Paul lets us know anxiousness isn't something we can just stop doing. We must have something else to do instead. The other things he encourages us to do is 1) have joy in Jesus, and 2) tell God everything that causes us worry. Why do you think he gives us these two things to do, and what makes them effective alternatives for worry?
4. When we think of prayer, we usually think of it as dialing, hanging up, and later, repeating this. But, what if God wants us to view it as dialing one time, the day we became a Christian, and the line has remained open ever since? How does that change your view of prayer and sharing everything with God?
5. Are you comfortable telling God everything or are you selective? **Read 1 Peter 5:7.** How does this verse and Philippians 4:6 encourage you to share it all with Him?
6. When we pray, we aren't informing God of things He's unaware of, He already knows everything. Instead, we get to express our trust in Him seeking to align ourselves with what He is doing, so we can join Him in it. How does this help you approach prayer differently?
7. What ways do you think we as people try to obtain peace for ourselves? Why are these a trap and make peace elusive for us?
8. **Read Micah 5:5a and Ephesians 2:14a.** What do we learn about peace in the verses? How does what we learn tie in with Philippians 4:7? How can this change our understanding of Philippians 4:7?
9. **Read Isaiah 26:3.** How does this verse add depth to Philippians 4:6-7 and what you discussed in the last question?
10. With a hurricane as an example (i.e., the storms on the outside and the peace in the center), describe in picture form Philippians 4:6-7.
11. Have you ever experienced or heard others try to describe "peace that surpasses understanding?" If so, how was it explained? After this discussion, what further description would you add?

WALK *(Living out God's purposes)*

✓ **One Big Idea: We don't experience peace by being anxious over anything, but through interactive conversation with God about everything.** If you are a Christian, is it a new thought for you that the peace you need is living INSIDE you (through Jesus, by His Spirit)? You don't have to try to go get it and make it a reality. Instead, our Plan A for peace can be: 1) Talk to God about anything worrying you. 2) Hurl all your cares onto Jesus in prayer (ongoing conversation). 3) Fix your thinking on Jesus (your guard, your peace, your complete Joy). What do you need to hurl away to Jesus? The things you are thinking of right now, fling them to Him. Ask Him to teach you how to live in the Eye of the Storm (the place of peace and calm in Him) instead of in the storm itself. It's who you were made to be…quietly confident with a settled wholeness because Jesus is in you and you are in Him, your refuge and strength (Proverbs 18:10).

WORLD *(Embracing God's heart for others)*

Election Day will be held this Tuesday, November 3rd. Join in praying for our country, the election process, and all voters. *"There can be lot of fear and anger around elections…[but we] can ask the Holy Spirit…to bring us into his perspective. Isaiah 41:13 (NIVUK) says, 'For I am the Lord your God who takes hold of your right hand and says to you, Do not fear; I will help you.'" You can find an insightful Elections Prayer Guide here: https://www.24-7prayer.com/resource/pray-for-elections/. Prayer points include: Pray for the polls and vote counting, pray for peace in all communities, pray for everyone voting to have God's 'wisdom from heaven,' pray for candidates to have wisdom and grace, pray for God's government to be established in America. *(24-7prayer.com).

Psalm 23:1 AMPC. The Lord is my Shepherd [to feed, guide, and shield me], I shall not lack.

[Copies of this Guide are available at https://thurston.church/resourses]