

# Life Group Questions

## 1. Facing the Noise

Scripture: “Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God.” (Philippians 4:6 NIV)

Question: What kinds of “noise” (worries, distractions, chaos) tend to get the loudest in your life right now?

Life Application: Share one area where you feel anxiety is “running the show.” What would it look like this week to turn down that noise and turn up God’s voice?

## 2. Peace in the Midst of Trouble

Scripture: “In this world you will have trouble. But take heart! I have overcome the world.” (John 16:33 NIV)

Question: Jesus promised both trouble and peace. Which one usually feels louder to you, and why?

Life Application: Identify one practical step you can take this week to “take heart” and lean into Christ’s victory when life feels overwhelming.

## 3. Prayer as a First Response

Scripture: “Cast all your anxiety on him because he cares for you.” (1 Peter 5:7 NIV)

Question: When chaos hits, is prayer your first instinct or your last resort? Why do you think that is?

Life Application: Commit to one intentional moment each day this week to pause and pray before reacting. What difference do you think this could make?

## 4. The Presence of God in the Storm

Scripture: “Never will I leave you; never will I forsake you.” (Hebrews 13:5 NIV)

Question: Think about a time when life felt like a storm. How did God’s presence (or the lack of awareness of it) affect your peace?

Life Application: Share one way you can remind yourself of God’s presence in the middle of your current struggles—perhaps a verse, prayer, or worship song.

## 5. God’s Peace as Protection

Scripture: “And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.” (Philippians 4:7 NIV)

Question: What are some “unwanted intruders” (fear, doubt, lies, perfectionism) that try to invade your heart and mind?

Life Application: How would trusting God’s peace as your guard change the way you deal with those intruders this week?

## **6. Letting Christ Rule**

Scripture: “Let the peace of Christ rule in your hearts...” (Colossians 3:15 NIV)

Question: What do you think it means to let Christ’s peace “rule” instead of your emotions or circumstances?

Life Application: Share one practical way you can surrender control and let Christ’s peace lead your responses in daily life.

## **7. More Than Sunday Faith**

Scripture: “You will keep in perfect peace those whose minds are steadfast, because they trust in you.” (Isaiah 26:3 NIV)

Question: How can we move from a “Sunday-only” faith to a daily, steadfast trust in God that produces peace?

Life Application: What specific rhythm or practice (daily prayer, scripture reading, gratitude journal, etc.) can you commit to this week to experience peace beyond Sunday?