

Peaceless – Finding Peace In a Peaceless World

Growing Peace Within

May 19, 2024

Whatever you focus on gets BIGGER.

-Learn to be content.

-Meditate on God’s promises.

-Replace lies with God’s truth.

-Choose an attitude of gratitude.

-Change your focus through prayer and praise.

I am grateful for...

Questions for Personal Reflection and Group Discussion

1. Read *Philippians 4:11-13*.

What does the Apostle Paul have to say about contentment in these verses?

Think about something you’ve learned to do. What was the process like?

Where are you in the process of learning to be content? What do you need to work on as you grow in this area?

2. Read *1 Peter 5:7, Psalm 46:1, Romans 8:31, and Philippians 4:13*.

Which of these promises is the most meaningful to you right now?

How might it benefit you to memorize that promise?

How could you incorporate meditating on God’s promises into your daily life?

3. Read *Romans 8:38-39*.

Which lie does Satan use to try to separate your focus from the truths of God’s Word?

Which truth do you need to hold onto in order to destroy that lie?

4. Read *Philippians 4:6-7 and Colossians 3:15*.

In what ways has God blessed your life? Write down at least 10 specific things for which you are grateful.

How might you be more intentional about cultivating an attitude of gratitude in your daily life? What step will you take to do that this week?

5. Read *Philippians 1:12-14 and 2 Corinthians 10:3-5*.

What stands out to you in these verses?

How might you turn your current complaints or negative thoughts into prayers and praise to God? What is God doing in you through your current circumstances?