



The Peace of God

Presenter: Jim Hammond

Talk It Over

Mastermind
Week 4:
"The Peace of God"

SMALL TALK

1. What's something that triggers an instant fear response from you? Any funny stories?
2. Describe a moment of true peace. What happened? Where were you? What were you thinking about?

VIEWPOINT

3. **READ Romans 8:5-6.** How is this Scripture similar to the way your brain naturally works? How is it different?
4. **READ Philippians 4:6-9.** Describe a recent circumstance that really stressed you out. How does what we learn from Paul's letter here change the way you'll respond next time?

GETTING PERSONAL

5. What are some of the root causes for worry and stress in your life?
6. What are some specific habits you want to form in order to replace worry with trust in God and His truth?

MAKING PROGRESS

7. One of our core statements is: "Everyone has a next step." Start a good habit.
 - Every single time you catch yourself worrying or stressing about something, you might literally write it out and put it in a "God box" with a prayer.
 - If you haven't yet, identify the truth your mind needs most. Then write it, think it, and confess it until you believe it!

I. What is worry?

- A. Worry is a mental _____ that _____ your thinking.
- B. _____ the promise and power of God.
- C. When worry controls your mind it is a _____.

II. What to _____

- A. Do what I _____ do.
- B. Give God what I _____ do.
- C. Trust _____ no matter _____.

III. How to _____

- A. Identify the _____ that sets _____.
- B. _____ it, _____ it.
- C. _____ it until you _____ it.

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