

## In Search of Peace – Give Thanks in Prayer

### Memory Verse: Philippians 4:6-7

<sup>6</sup> Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. <sup>7</sup> And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

1. Christmas is the single highest stress time of the year in the life of an American. What gives you anxiety as we enter the Christmas season?
2. What do you have to be thankful about?
3. How has giving thanks to God for who He is and what He has done helped you overcome anxiety in the past?
4. Can you think of a biblical example of how trusting in God created a peace in the life of someone that goes beyond human understanding?
5. In Psalm 62, David expresses an important truth about God that each and every one of us must get a hold of if we ever expect to find peace. Read Psalm 62 in its entirety and then share one verse that speaks to you and why.

### Daily Reading:

- Day 1: Philippians 4:4-9
- Day 2: Psalm 62
- Day 3: Matthew 11:28-30
- Day 4: Hebrews 4:14-16
- Day 5: 1 Thessalonians 5:16-18