

In Search of Peace – Give Thanks in Prayer

Memory Verse: Philippians 4:6-7

⁶ Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. ⁷ 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?

Ask your group members to share. Stress seems to come with the busyness we place on ourselves with dinner parties, kids programs, shopping, cooking, decorating... Also much stress comes from strapping ourselves financially. We often place exaggerated expectations on the holiday season that create anxiety trying to make it happen. Broken or fragile relationships, family losses, and just pressure of being around family can also cause stress.

2. What do you have to be thankful about?

Ask your group members to reflect on the good things in their lives and share. Let this turn into a time of praise. Allowing some to share about their thankfulness could encourage those that are struggling with anxiety and worry to begin to trust and thank God in all circumstances.

3. How has giving thanks to God for who He is and what He has done helped you overcome anxiety in the past?

Again, let those who share how God has helped encourage the rest of the group.

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?

This will give you a chance to remember how God has helped his people. I think of the Apostle Paul who himself suffered in tremendous ways. Yet he wasn't stressed. He taught us to pray and give thanks to find peace. He said he had found the secret of being content (Philippians 4:12-13). He wrote these words of encouragement while in prison. Later in 2 Timothy, he wrote once again to encourage us, God's people, while he sat in prison awaiting his death. Paul trusted God and gave thanks in all circumstances and he found peace.

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.

Read Psalm 62 all the way through as a group, then ask someone to share a verse that encourages them and speaks to them.

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