

**THINK ON IT...**

1.  Describe the most peace-filled person you know. What do you feel makes them so? Would you describe yourself as someone who lives peacefully? Why or why not? If not, what do you feel is preventing you from living a peace-filled life?

2.  What in this world makes people feel anxious? Makes you feel anxious?

3.  How do you find peace?

4.  Jesus often retreated to quiet places, either by himself or with His disciples to rest, spend time with God and friends. What do you do to retreat from the busyness of life? Do you have anything scheduled regularly?

5.  Have you ever experienced God’s peace in a storm? What was it like?

6.  God will do what we can’t as long as we do what we can. We highlighted three things that we can do: Be Prepared, Be Content, Trust God. Which of the three do you feel you do best at? Which of the three do you need to lean into more?

7.  Read Mark 4:34-41. Is there anything that strikes you that you have never noticed before?

8.  What are the factors that you believe allowed Jesus to be at peace in the worst of times, in storms, mobs, even on the cross?

9.  Phil. 4:6-7 says “Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.” Does this passage bring hope? Why?

10. What do you sense God has been saying to you through this study? What are you going to do about it?