

# MADE FOR MORE

## WEEK 3 GROUP GUIDE

### SERIES OVERVIEW

The Spirit helps us see sin for what it is, but we often live by our feelings instead. Seeing sin for what it is, we don't begrudgingly curb our sinful desires but gladly strive for self-control like a sinking swimmer reaches for a life preserver.

### BIG IDEA

The type of peace Paul talks about in Philippians 4 isn't dependent on our circumstances or our sense of safety. It's a Spirit-facilitated internal restfulness that comes from bringing our needs to God and aligning our thinking with His heart.

### ICEBREAKER/CHECK-IN QUESTION

- If you could invite one historical figure known for spreading peace come back to life, who would it be and what situation would you have them mediate?

### DISCUSS

- Share one or two thoughts that stuck out to you from this week's message.
- How can we distinguish between healthy "medicators" for stress relief and detrimental coping mechanisms in our lives?
- Share a personal experience where leaning into God's grace brought unexpected peace and clarity.
- How do you handle relationships that bring unrest and anxiety? What steps can you take to navigate these situations with grace?
- How can incorporating spiritual disciplines like prayer and gratitude help cultivate an enduring sense of peace in our daily lives?
- Share a moment when experiencing God's peace transformed your response to a challenging situation. How can we invite more of that peace into our lives?

### READ

- **[GALATIANS 5:22-23](#)**
- **[PHILIPPIANS 4:6-7](#)**
- **[EPHESIANS 6:10-15](#)**

### DISCUSS

- How can the fruits of the spirit guide us in maintaining peace in our interactions with others?
- Reflect on Philippians 4:6-7. Share about a time when casting your anxieties on God brought about a sense of peace. How can we encourage one another to do the same?
- Considering Ephesians 6:10-15, in what ways can we practically apply the armor of God in our daily lives to stand firm and find peace in turbulent times?

### PRAY

Dear God, in a world filled with distractions and uncertainties, may we find peace in Your presence and trust Your plan for our lives. Amen.