**Hey God**

**Week 1: How Do I Find Peace?**

**Daily Time With Truth**

As you read these daily scriptures, ask yourself these three questions:

1. What is God saying to me?
2. What do I want to say to God in response?
3. How will I live out this truth?

**Day 1: Isaiah 26:3 (AMP)**

You will keep in perfect *and* constant peace *the one* whose mind is steadfast [that is, committed and focused on You—in both inclination and character], Because he trusts *and* takes refuge in You [with hope and confident expectation].

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**Day 2: John 14:27 (TPT)**

I leave the gift of peace with you—my peace. Not the kind of fragile peace given by the world, but my perfect peace.

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**Day 3:** **Romans 15:13 (TPT)**

Now may God, the fountain of hope, fill you to overflowing with uncontainable joy and perfect peace as you trust in him. And may the power of the Holy Spirit continually surround your life with his super-abundance until you radiate with hope!

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**Day 4: Philippians 4:6-7 (TPT)**

Don’t be pulled in different directions or worried about a thing. Be saturated in prayer throughout each day, offering your faith-filled requests before God with overflowing gratitude. Tell him every detail of your life, then God’s wonderful peace that transcends human understanding, will guard your heart and mind through Jesus Christ.

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**Day 5: John 16:33 (TPT)**

And everything I’ve taught you is so that the peace which is in me will be in you and will give you great confidence as you rest in me. For in this unbelieving world, you will experience trouble and sorrows, but you must be courageous, for I have conquered the world!

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Discussion Questions:

1. On a Peace Meter with Total Anxiety being a 1 and Perfect Peace being a 10, how would you rate your level of peace this week? Can you identify any triggers this week that disturbed your peace and increased your anxiety?

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2. Read John 14:27. How would you describe Biblical peace as compared to the peace that is of the world? Give examples of both.

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3. Read Luke 8:22-25. How do you sleep in the middle of the storm? What did Jesus say in verse 22? Did the disciples believe Him? Explain your answer. Why were they having so much anxiety when Jesus was in the boat *with* them?

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4. “The bigger the role Jesus plays in your life…the more peace you have!” What does your life reflect about the role Jesus has in your life? What could you do to increase His role?

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5. How does Satan try to steal your peace and why? What role does the Holy Spirit play?

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6. How has prayer and God’s promises brought you peace? Share a time when you were struggling with anxiety and how God restored your peace.

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7. Read John 16:33. How have you experienced peace in the midst of trials and tribulations? What has God shown you is essential for you to maintain that peace? Give examples of times you have remained peaceful even in the midst of crises, and other times when you struggled anxiously. What made the difference?

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8. Pastor Bob concluded his sermon, “Sharks! They feel barometric pressure change during a storm, so they head for deeper water. We need to go deeper with God during the storms.” Share ideas of how you will apply this wisdom your life.

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