

# Living With Heavenly Peace

Dec. 17, 2023 | Philippians 4:6-9 | Peace With Us | Pastor Mike Foster

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What is heavenly peace? (v. 7)

- A peace that guards your soul
- A peace that makes no earthly sense
- A peace that's found in Christ

How to receive the gift of heavenly peace:

· PRAY with thanksgiving, precision, and faith (vv. 6-7)

· THINK about what is true and good (v. 8)

· DO what you know to be right (v. 9)

Follow your trouble to a heavenly peace!

## GROUP DISCUSSION QUESTIONS

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1. What stood out to you most from the message?
2. In your own words, explain what it means to have "heavenly peace" (from "Silent Night").
3. In what ways have worry and anxiety sought to rob you from joy, peace, and purposeful living?
4. What are some reasons you think we are prone to worry more than we pray?
5. Read Matthew 6:25-34. Which of these words of Jesus do you most need to hear right now?
6. Are you in the habit of voicing your requests to God? Is that part of what you do when you pray? Do you do it out loud? Do you write it down? How specific do you get? What can you apply from Philippians 4:6 and 1 Peter 5:7?
7. Has God ever given you a peace that surpasses all understanding? A perfect, inner peace in the midst of great trouble? How did you receive this peace from him?
8. What are some untrue or unhealthy thoughts you are tempted to think (about God, yourself, your situation, or others)? How can you replace those thoughts with true and healthy ones?
9. In what situation in your life do you most need peace right now? What might it look like for you to receive a gift of God's peace in that area?
10. Take some time to present your requests to God together and pray.

## FOR FURTHER ACTION/REFLECTION

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Memorize Philippians 4:6-7

Read Matthew 6:25-34, Romans 12:1-2, Colossians 3:1-2, 1 Peter 5:7

Read about how to organize a prayer journal – <https://www.navigators.org/resource/organizing-a-prayer-journal/>

Read "Taking Thoughts Captive" — <https://bit.ly/organizeprayerjournal>

Read this sermon on Philippians 4 – <https://bit.ly/phil4sermon>

Listen to "Silent Night (Heavenly Peace)"

– <https://bit.ly/silentnightheavenlypeace>

Listen to "Glory (Let there be Peace)"

– <https://bit.ly/glorylettherebepeace>

Read *A Small Book for the Anxious Heart or When I am Afraid* by Ed Welch

