

Restless

Finding peace in the stress of life

Week 1: Looking for Peace in All the Wrong Places

Peace is something we all desire. We all want more of it. But what exactly is it? And how do we get it?

Discussion Questions

1. Describe a peaceful place.
2. On a scale of 1–5 (with 5 being stressed to the max), how would you rate your current stress level? What is your greatest source of stress right now: a place, a problem, or a person?
3. Read John 14:25–27. What stands out to you from these verses?
4. If peace is not the absence of problems but the promise of God's presence, how might this change things for you? What is the difference between this peace and the "when/then" peace offered in the world?
5. What resonated with you about the lamp illustration?
6. What do you need to do this week to lean into the peace offered by the presence of God?

Changing Your Mind

Peace is not the absence of stress, but the addition of God's presence in your situation. When God is with us, we can have peace even if the circumstances do not change.