



Advent | Peace 12/10/2023

Reflect + Discuss

- Do you have a favorite Christmas cookie or holiday treat?
- Are there any rhythms or moments built into your daily routine that help you to experience peace? Similarly, are there routines or habits that are a part of your day which consistently make you more anxious?
- Read Philippians 4:4-9. Have you ever experienced peace through the company of another person being with you during a difficult time? What was that like for you? How can we experience peace to know that Jesus is with us?
- How can prayer help us to experience God's peace? How can practicing gratitude help us to experience God's peace? Are there ways you currently incorporate habitual gratitude into your daily rhythms? What are some ways we can dwell on the things of God regularly?
- Read 1 Peter 5:7. On a scale of 1-10, how anxious are you these days? Are there specific things that are making you anxious today? How can we support one another with our anxieties and point each other to the peace of God?

Pray

- Pray that God will meet us in the areas of our lives where we are feeling anxiety. Pray that through practicing gratitude and dwelling on the things of God, we might experience his true peace.

Next Steps

- Consider ways we can encourage others during this Advent season. If you or someone you know is experiencing a season of hopelessness, let them know about the Blue Christmas service.
- Check out the [resources page](#) for links to several Bible reading plans and other helpful tools. Explore other opportunities for growth and transformation by checking out [courses](#) for the fall.