

SMALL GROUP STUDY GUIDE



**PRINCE
OF PEACE**
Called to Connect



From Stress to Peace

April 6 & 7, 2019

So many “enemies” disturb our peace and stress us – deadlines, illness, broken relationships, anxieties about the future, and so much more. And so often when we’re stressed our vision narrows and all we see are our problems. But the Psalmist enlarges our vision by reminding us that we are not alone, that God is with us and for us. When we cry out to God and entrust ourselves and our “enemies” to God, we often experience that “peace that passes all understanding.”

SCRIPTURE TEXT : PSALM 3

Read the scripture text together as a group.

BACKGROUND INFO

Few of us have gone through anything close to the trauma that David was experiencing. But we’ve probably had times when we could identify with David and felt stress. Things like deadlines, illness, broken relationships, anxieties about the future, anxiety in general are all stressors in this life. Where is peace among the stress? Is it obtainable? How do we get there? David proclaims many are against him and we’ve indeed felt that at times. What does David do? David begins reminding himself about who God really is and what God is capable of. That even if thousands come against him, God will defend him. He describes that his feet are grounded in God and his head is lifted up to God. In God we have a strong foundation under us and mighty God above us.

DISCUSSION QUESTIONS

- What part of this Psalm can you relate to the most? Why?
- What are some of your stressors?
- What do you do to bring peace when stressed?
- Are you able to find a sense of peace when stressed?
- How does God’s promise that God is with you in your circumstance affect you?

APPLICATION: This week, when you find yourself in a moment of stress, try to pause and acknowledge that God is with you. Pray for peace and breathe in God’s goodness.