



#6 "Peace is Possible:
Personal Lessons About Peace"
Rev. Dr. Jeremy Mahood
November 19 2017
Small Group Notes

This is the last of the studies in the small group series STRONG: Courage Over fear. As we review the past weeks' studies we find that a lot of our anxiety has its root in the type of society in which we live and how much we allow that society to affect our thinking. In this study we will examine some foundational truths that we must keep in mind when we are overwhelmed by situations that produce in us anxiety, worry and fear.

REVIEW: Thinking about this past week, share a way in which you were able to keep focused on TODAY and not dwell in the past or trip on into the future.

There are four principles that can keep you grounded in the middle of a storm:

1. JESUS LOVES ME

- a. Share a time when you felt that you were not loved, or not loved by Jesus.
- b. What happened to make you confident in Jesus' love for you?
- c. READ: Romans 8:1
 - i. When do you feel most condemned?
 - ii. Explain how some of the condemnation we feel can come from religion.
 - iii. How can going through a crisis produce feelings of condemnation?
 - iv. What does the writer Paul have to say about condemnation and our relationship to Jesus?
 - v. Why is the knowledge that you are not condemned by Jesus so important when you are facing anxious situations?

2. TO TRUST OR NOT TO TRUST

Every time we are in a situation that makes us feel anxious, worried or fearful we have a choice. We can either trust God or not trust God.

READ: Proverbs 3:5-6

- a. What are we instructed to do in verse 5?
- b. What do you think it means in verse 6 (NIV) to "acknowledge him in all your ways"?
- c. How do you acknowledge God in every situation?
- d. Why do you think the writer says we should stop trying to figure things out and instead, trust in God?
- e. Why don't we seem to trust in God more readily?
- f. What could you do to trust God sooner in life's anxious situations?
- g. Speaking about God, what do you think the anonymous writer of this statement means?

"When I cannot trace His hand I can always trust His heart"

3. GOD IS ALWAYS WORKING ON MY BEHALF

READ: Romans 8:28

- a. What promise is given here?
- b. What is the difference between the phrases 'all things work together for good' and 'in all things God works for the good'?
- c. To whom is this promise given?
- d. How does this verse help us to understand that our life situations have a purpose?
- e. Why do you think there are some people who never learn this life lesson?

4. THE HOLY SPIRIT GIVES ME STRENGTH TO KEEP GOING

a. READ: Ephesians 3:16

- i. What is Paul's prayer for the believers in this verse?
- ii. Where are we promised strength?
- iii. What is our "inner being" (NIV)
- iv. Describe what you think it feels like to have inner strength deep down inside.

b. READ: Romans 8:26-27

- i. What is the role of the Holy Spirit in these verses?
- ii. Describe a time when you didn't know how to pray, or couldn't pray.
- iii. What comfort does it bring you to know that the Holy Spirit can pray through you when you can't pray?
- iv. What do you think it means that the Holy Spirit searches our hearts? How is this comfort in anxiety?

c. READ: Philippians 4:10-13

- i. What does Paul say about himself in verse 13?
- ii. What has he been talking about prior to making this statement?
- iii. Who is providing the strength for Paul to carry on in all circumstances?
- iv. The phrase "can do" in the NIV is the Greek word for ENDURE. What is it that enables us to endure the circumstances of life without worry, fear or anxiety?

d. READ: Psalm 139:7-10 (NIV) together as a group

⁷ Where can I go from your Spirit? Where can I flee from your presence?

⁸ If I go up to the heavens, you are there; if I make my bed in the depths, you are there.

⁹ If I rise on the wings of the dawn, if I settle on the far side of the sea,

¹⁰ even there your hand will guide me, your right hand will hold me fast.

- i. What does this Psalm tell us about God's relationship to us?
- ii. How can this Psalm become a comfort to us in the difficult moments of life?

SUGGESTION: memorise this Psalm and repeat it often!

LEARNING TO REDEEM OUR IMAGINATION

Our imagination is a sacred part of us, given to us by God so he could show us where he is. Your imagination is one of your most valuable assets. At one time it was full of playfulness and inventiveness. Now it may be filled with worry, fear, and imagining a future that most likely will never happen. The devil wants to take your imagination and turn it from a playground where you enjoy God to a battle ground where you can't feel or experience God. When the enemy comes after your destiny he wants to set up a stronghold in your imagination. Often you can't stand to be alone because every time you go to think you start to worry so much about what will happen you can't worship God. BUT, my imagination is Gods house. My imagination was purchased by the blood of Christ. Instead of worrying I need to learn to worship and take back my imagination and my destiny. The good news is that if you are good at worrying you will be really good at worshipping!
---this idea came from Stephen Furtick

Discuss this concept and how you could apply it in daily life.

What is one idea that stands out to you in this idea of redeeming your imagination?

CONCLUSION:

What one thing have you been able to implement in your life over these past weeks?

What do you still need to work on?

What is the most significant lesson you are learning from this series?

I would love to hear how this series has impacted your life. Please take a few moments and send me an email at jmahood@allnationschurch.ca. I would love to hear from you today.

ANNOUNCEMENTS

The NOAH Community Hub continues to look for a **volunteer** who would be willing to sit with a senior at the downtown the public library to help him fill out an application form. This senior is a man who could really benefit from someone who has good reading and writing skills who could help him fill out a housing application form. This would take approximately two hours.

Please contact Annette Reszczyński if you are able to help. Phone # [705-920-8798](tel:705-920-8798)

Christmas Mission Offering: Funds received over the next few weeks (with official offering Sunday Dec.24th) will support The Living Nativity, The Christmas Gala, and missionaries around the globe. We want to share the good news of Jesus across our city and around the world! (Use a Christmas Offering Envelope or designate your gift as "Christmas Offering")

Helping out our community:

Mountain of Mittens: collecting mittens to give to kids at local schools

Big Brothers Big Sisters: teen gifts

To Paris with Love: shoe box gifts for specific children at 1960 Paris St.
(a project of Rock City Kids and ANC members)