

LIFE GROUP QUESTIONS

From anxiety to peace

Psalm 107:23-32

1. **Read Psalm 107:23–30.** The sailors reach “their wits’ end” before crying out to God. What does this passage show us about human limits and God’s response when people finally turn to Him?
2. **Read Mark 4:35–41.** Jesus is asleep during a storm that terrifies the disciples. What does this contrast reveal about Jesus’ authority and presence in moments that feel overwhelming to us?
3. **Philippians 4:6–7** says that when we bring “every situation” to God, His peace guards our hearts and minds. Where do you most feel the “endless what-ifs” or the desire to stay in control, and what makes it hard to bring those things to God?
4. **Psalm 46:10** says, “*Be still and know that I am God.*” When you think about your own life, what makes stillness difficult, and where have you sensed God inviting you to slow down and receive His peace?
5. Jesus says in **John 14:27**, “*My peace I give you... not as the world gives.*” What is one practical way you could make space

this week to receive His peace rather than trying to manufacture your own. Consider one of the following; silence, solitude, prayer, reading Scripture, or community?

6. **Colossians 3:15** says, “*Let the peace of Christ rule in your hearts.*” What would it look like for you to carry a non-anxious presence into your home, workplace, or neighbourhood this week? Can you identify one situation where you could respond with peace instead of reacting with anxiety?