

Restless

Finding peace in the stress of life

Week 3: Prescription for Peace

When the stress comes, what do you do? Perhaps you turn to food and eat your feelings. Or maybe you turn to exercise and “run it out.” We all do “something” with our stress. What if there was a go-to that would lead to the peace we are craving. What if there was a prescription for peace in the midst of stress?

Discussion Questions

1. How do you typically deal with stress? (Be sure to share your healthy and not-so-healthy stress strategies.)
2. There are different kinds of stress: financial, relational, physical, environmental, etc. What kind of stress do you find it easier to navigate? Which kind is more difficult? Why do you think this is so?
3. Read Philippians 4:4–7. Why do you think Paul starts where he does? In Paul’s prescription for peace, what part resonates the most with you?
4. “Just pray about it,” can sometimes seem simple and trite. How is what Paul is saying different?
5. Read Philippians 4:8–9. Discuss how thinking about these things can affect your response to stress.
6. What are some ways you can incorporate praise and spiritual practices into your daily life?
7. Think of one stressful situation you are dealing with. What is one thing you can do this week to *respond* rather than *react*?

Changing Your Mind

God promises us peace even in the midst of stressful situations. But it is up to us to take steps toward him in order to activate that peace. By releasing control through prayer, responding with praise, and engaging in spiritual practices, we encounter the God of peace.