



## Part 2: Practicing His Presence

Looking at the road ahead can cause fear and anxiety. But when we practice the presence of Jesus we can find peace instead.

### Discussion Questions

1. What's the most peaceful vacation you have ever had?
2. On an emotional scale of 1-10, with 1 being anxiety and 10 being peace, where would you place yourself this week? Why?
3. What do you usually do to find strength and peace when faced with fear, anger, or anxiety?
4. Read John 12:1-3.
  - Which do you think you would have been? Martha serving or Lazarus reclining? Why?
  - If Lazarus was getting a second chance at life, why do you think he chose to recline with Jesus? (Dying gives us a new perspective on living)
  - How does Lazarus' new perspective help change yours?
5. Have you ever experienced the presence of Jesus? What emotions did you feel as a result?
6. Read John 14:27 and Matthew 28:20.
  - What do these verses tell you about the presence of Jesus?
7. Jeff mentioned five steps to practice the presence of Jesus. What can you do to incorporate them into your schedule this week? (Write them down on an index card or sticky note, memorize the verses, [download the lock screen graphic](#))

### Moving Forward

Life right now can seem daunting. With so much unknown, we can be paralyzed by fear, anger, and anxiety. But, Jesus gives us an extraordinary invitation to help us on the road ahead. This invitation, to practice His presence, can replace the emotions we have with His strength and peace. This week when you are overwhelmed by your emotions recenter yourself by practicing the presence of Jesus.