

CHOOSING TO SMILE: A STUDY OF PHILIPPIANS
Lesson Eight: "The Ultimate Peace"

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Dalton Gardens Church of Christ
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Inner Peace is the calm assurance we have that in Christ everything eventually _____ no matter our circumstances.

Philippians 4:4-7

How to respond to stress:

1. Soar above stress in _____ and _____.

2. Be a person of _____.

1 Peter 5:7-8; Luke 12:24-26

3. Constantly remind yourself about the _____ of earthly disappointments.

Mark 8:36-37

4. Pray with _____ and pray _____.

Mark 10:27; Luke 12:5-7; Col. 1:19-20



TEENS SEEKING SEATS!! – Our teens are looking for clean, comfortable, multi-person seating to enhance our friendly focus! Call it a couch, sofa, love seat or bench, we're interested!! A special request... **NO RATS, PLEASE!**?...but we certainly don't mind well-used, slightly stained items in good condition. If you don't have a couch, but would like to donate, we can accept financial gifts to purchase used couches at thrift stores or yard sales.

CALLING ALL YOUTH PARENTS – June 6 (Wednesday) @ 5:30 PM in the Bus Barn – Patrick would like to meet with all parents of incoming 7th graders through outgoing 12th graders. A pizza dinner will be provided, for \$5 per family. Please email, call or personally confirm your attendance for this meeting.

LIFE Group Discussion Guide

For Week of May 27th

Read: Phil. 4:4-9, 1 Peter 5: 5b-8

1. *Some people say, because Christians tend to have higher standards and believe God can control everything, they tend to worry more about the things in life they think are not right. Do you think Christians tend to worry a lot? Explain.*
2. *What are the most common kinds of worries people have? What do you tend to worry about?*
3. *When you feel stressed and anxious, what do you do?*
4. *How would you define God's peace?*
5. *How does praising God help us have a greater sense of peace?*
6. *What is it about humbling ourselves and praying that helps us have a greater sense of God's peace?*
7. *Paul gives his readers a list of things to "think on" as part of having a peace that "passes understanding." What part does what we feed our mind play in Godly peace?*
8. *Share how you find God's peace in your life with the group and pray together.*