

Anxious for Nothing Viewer Guide Session 4: The Peace of God Will Guard Your Heart

Bible Study and Group Discussion

1. Before everyone shares in the large group, turn to one or two people next to you and finish this sentence: “After watching the video, one question I now have is...”

2. Read John 14:27 aloud. What is the difference between the “peace” the world gives and the peace God gives?

3. God never promises we will live a storm-free existence. The Bible is full of stories about storms and how to face them. Take a moment to read Matthew 8:23-27. How does Matthew describe the ferocity of this storm in verse 24?

- * What is Jesus doing during the storm?
- * What is Jesus’ response to the disciples’ fear (verse 26)

4. In Matthew 8:26, Jesus says to his disciples, “You of little faith, why are you so afraid?” After saying this, Jesus “got up and rebuked the winds and the waves, and it was completely calm.” Could Jesus be telling you the same thing today? What area of your life is dominated too much by fear and not enough by faith?

- * Jesus rebuked the winds and waves. When was a time you saw Jesus Rebuke the “winds and waves” of your life’s storm?

5. Read Psalm 119:75 and Hebrews 12:6, 11. Many times, the “winds and waves” in our storm are caused by our poor decisions. And the Lord, just as he rebuked the winds and waves in Galilee, rebukes us for disobeying his word. According to the verses you just read, why does God discipline us?

- * To what type of relationship do these verses compare our relationship with God? How can God’s rebuke bring calm to our storm?

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6. In Acts 27:23, Paul tells his fellow shipmates, “Last night an angel of the God to whom I belong and whom I serve stood beside me.” There are three promises we can gain from these words. The first promise is that *God will send his angels to help you during life’s storms*. Read Psalm 91:11-12; Matthew 18:10; and Hebrews 1:14. What is the promise of each of the verses?

- * How do these verses bring you peace? How do they influence your awareness of the supernatural reality that surrounds you?

7. The second promise is that *you belong to God*. Paul describes God as the One “to whom I belong.” Read Psalm 100:3; Isaiah 43:1; and 1 John 3:1. What is the key promise of each of these verses?

- * How does remembering this promise bring you comfort when you consider the storms of life?

8. The final promise is that God *has a heavenly mission for your life*. Read Matthew 22:37-39; 28:19; John 15:16, and Ephesians 2:10. According to these verses, what has God called you to do?

- * In the verses you just read, the heavenly assignments were broader in nature, but God puts specific assignments on our hearts as well. What specific ministry has God assigned to you during this season of life?