

**Series: C.A.L.M. in the Chaos**

**Title: Release and Remain**

**Speaker: Bob Marvel**

**Date: April 21-22, 2018**

Warm up

Take your time as you read Philippians 4:4-9 and invite the Lord to guide your group discussion.

Review

Invite anyone who is ready to quote the Philippians 4:4-9. Yes, we're ALL memorizing this.

Discuss

Did anyone try writing out a worry list and if so what happened?

What does C.A.L.M stand for?

Which one of the four are you the best/worst at?

Bob talked about three different kinds of peace God gives. See if you can recall and define them.

Read John 14:7, and then Philippians 4:7.

How did Bob's Panama Canal story illustrate the "martial law of peace"? Can anyone describe your own version of a Panama Canal situation where God's peace just took over?

What connection can we draw between Isaiah 9:6 and Matthew 6:25-26 about Jesus' authority to say to us, "I wouldn't worry about that"? And how is Jesus like an airline pilot informing us of upcoming turbulence? How would things be different if you used that mental image of sitting with him in the cockpit when you're experiencing "turbulence"?

Looking at Matthew 6:25 & 34 and Philippians 4:6, how do we counter our worries about the past and our worries about the future?

From Isaiah 41:10, Psalm 23:6 and 46:1, discuss how we balance being wise about potential problems with not worrying about them?

What one saying from this week's message struck you the most? Think about making this your mantra, something you'd say over and over again when stressed.

Suggestion: Consider pairing up with one other person in your group: guy/guy/ girl/girl and asking them what one thing they're worrying about. Then this week pray about that and call to see how things are going.

Want more peace? Over...

Join me in memorizing either the SERENITY PRAYER or Bob's saying about God's presence in our tense lives.

*Serenity Prayer* by Reinhold Niebuhr

God grant me the serenity  
To accept the things I cannot change;  
Courage to change the things I can;  
And wisdom to know the difference.

Living one day at a time;  
Enjoying one moment at a time;  
Accepting hardships as the pathway to peace;  
Taking, as He did, this sinful world  
As it is, not as I would have it;

Trusting that He will make all things right  
If I surrender to His Will;  
So that I may be reasonably happy in this life  
And supremely happy with Him  
Forever and ever in the next.  
Amen.

Bob's saying, "We have a present tense Lord for our present tense life."