

SMALL GROUP DISCUSSION QUESTIONS

Winter 2026:
week 3

This past weekend we had the opportunity to hear from guest speaker, Gary Thomas. He spoke about the difference between false peace and true peace, drawing from his book, *The Life You Were Reborn To Live*. Gary invited us to examine the kind of peace we pursue and challenged us to consider whether it is shaping us into the people God intends us to be.

False peace is often rooted in comfort, control, and avoidance. It's the kind of peace we feel when circumstances are calm, problems are managed, and nothing is demanding too much of us. While it may feel good temporarily, false peace ultimately leaves us spiritually shallow and unprepared for hardship.

In contrast, **true peace** is not the absence of trouble but the presence of God in the midst of it. True peace flows from a deep trust in God's character and purposes, even when life is uncertain or painful. This kind of peace transforms us from the inside out, producing spiritual maturity, resilience, and a faith that endures.

Getting To Know You

Ice-breakers are designed to establish common ground, help you get to know other people and share a little bit about your life.

1. Big or small: what's one thing that steals your peace?

2. What's your go-to "false peace" move when life gets stressful?

(Avoiding, scrolling, snacking, online shopping, binge-watching, cleaning?)

3. What's something you thought would bring peace... but absolutely did not? (A purchase, a promotion, a schedule change, a home project, kids' sports, etc.)

Digging Deeper

These questions are designed to help you dig deeper into the sermon topic, relevant scriptures, and provide deeper opportunities for reflection.

1. What stood out to you most from this weekend's sermon, and why do you think it caught your attention?

2. Describe the difference between true peace and false peace. Reading John 14:27, John 16:33, and Romans 5:1-5 can be helpful verses when describing true peace from God.

3. How does a false understanding of what creates true peace prevent us from experiencing peace? Give at least three examples from personal experience.

4. Read 2 Corinthians 4:8-9 and 16-18. Have you ever met anyone like Ruby, who seemed to have deep peace in the face of scary circumstances? Describe their demeanor and faith, and what you learned from them.

5. The Old Testament prophesies that the Messiah will bring peace, Jesus teaches so much on peace, and the New Testament celebrates the onset of peace. What are the consequences of settling for a life without peace, in terms of evangelism and our own spiritual well-being?

6. Read Habakkuk 3:17-19, Philippians 4:6-7, and 2 Corinthians 12:9-10. Do you have an “Oh, no!” in your life right now? How can you learn to live in peace even if your “Oh, no!” isn’t resolved?

7. Dispassion means to “unshackle yourself from the things that make you anxious.” What are you most anxious about? How can redirecting that anxiety toward a heavenly longing help you experience peace?

8. Which one of these three ingredients for biblical peace are most difficult for you to pursue?

A passionate, trusting relationship with God.

Humility and Surrender.

Dispassion.

Application

The goal is life transformation, not simple discussion. Application is how we live differently because of this week’s teachings and discussions.

1. What do you need to do this week to live in the peace Jesus Christ offers to you?

Prayer Requests

Take time to record prayer requests here. Confidentiality is an important part of a healthy small group.