

Week 4:

Peace for Your Body, Mind and Soul



Questions

1. What illustration, story or scripture had the greatest impact on you this week?
2. In what area of your life do you have a great need; where are you struggling to find God's peace?
3. Pastor John mentions three specific domains: your body, your mind and your spirit. Which area in your life needs God's power, provision and peace? How can you bring these specific needs to God?
4. Read Philippians 4:19 and John 16:33. How are you seeing God give you peace in the difficulties of your physical, mental or spiritual needs right now?
5. Read Philippians 4:14-19. In what ways are you joining God's work in the world (giving, serving, etc.)?

Scripture References

Read John 1:16; Philippians 4:11b-13; 2 Corinthians 5; Romans 12:2; Psalm 1:2; Philippians 4:23; Philippians 4:14, 18b, 19, 22, 23; John 16:33

Suggested reading: All of Philippians for this sermon series.

Takeaways

- Your needs are met in Christ.
- You are mind, body, and spirit (soul)
- The Prerequisites:
 - You are making an effort to join God's work in the world.
 - You are letting Christ's fullness and presence fill your cup.
- In this world, Jesus promises peace that you can experience for your spirit, no matter what's going on with your body or mind
- We begin to realize and feel that all our needs are met in Christ, when we give our lives to His work and look to Him to fill our cup.

Weekly Action Step

Choose peace this week by focusing on your mind, body, and spirit on the promises of Jesus. Review one of the previous messages where you need additional encouragement or catch up if you've missed a message. Head to <https://www.connectionpointe.org/sermons/> to find all the "I Choose Peace" sermons.