Small Group Discussion Notes

And Yet… The Lord Provides a Peace that Surpasses all Understanding

Week 2

February 1, 2026

Warm Up

What circumstances can cause you to feel anxious?

Digging Deeper

What examples can you think of in scripture where people experience anxiety because of the circumstances around them?

Read Mark 4:35-41 & Matthew 14:22-31

What do these two stories tell us about Jesus' ability to bring about peace, as well as the importance of remaining focused on Jesus and placing our confidence in him, rather than the conditions around us?

Read Philippians 4:4-9

As we talked about last week, this passage reminds us that the Lord is near. Does the nearness of the Lord provide you with comfort and help to bring you peace? Why or why not?

How does approaching the Lord in prayer help to combat the anxiety we sometimes experience?

What does verse 7 mean?

In verse eight, a list of types of things to think about is given. Consider the broad categories shared and try to get specific about what might be something noble to think about, or pure, or lovely, etc. What is the benefit of thinking about these things?

Read John 14:25-27

What role does the Holy Spirit play in providing us with peace?

Next Steps

Why are people often anxious?

Who are some of the most "peaceful" people you know, and what do you think allows them live with such peace?

How can you be more intentional about seeking the Lord's peace which surpasses all understanding?

Final Thoughts

2 Thessalonians 3:16 says, "Now may the Lord of peace himself give you peace at all times and in every way. The Lord be with all of you."