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**Week 3: The Divine Peace Exchange**

**INTRODUCTION**

On Sunday Pastor Phil challenged us to make a list of things you are grateful for, of the blessings that God has given you. Share with each other a few of the things that you are grateful you have in your life.

**DISCUSSION QUESTIONS**

1. Do you find it hard to be grateful? Why or why not?
2. Read Philippians 4:11-13. What do these verses say are the secret to contentment? How have you found this to be true in your life?
3. Everyone has struggles in life, the Bible tells us in this passage to focus not on our struggles, but on the things that we have in Christ. What are the things that Jesus have given you?
4. According to Philippians 4:7 God offers to exchange our gratitude for His peace. Would you like more peace in your life?
5. What are some struggles that you are dealing with right now? How could gratitude turn into God’s peace in that situation?

**STEPPING FORWARD**

This week, as you feel anxiety increasing in your life, start jotting down the things in your life that you are grateful for. Then let God know that you appreciate the blessings He has given you.

*I have told you these things, so that in me you may have peace. In this world you will have trouble. But take heart! I have overcome the world.*

**John 16:33**