

# NORTHWAYS SMALL GROUPS

**Sermon Series:** UNSELF: A Season of Surrender

**Sermon Title:** Trusting the Peace Speaker

**Sermon Text:** Luke 8:22-25; Philippians 4:6-8

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**Small Group Reminders:** Northway is observing Lent together. Be sure to download the Lent Guide Booklet from NWC.FYI

**This Weeks Fast Recommendation:** Shopping for Non-Essentials

Be sure to review other announcements and links @ NWC.FYI

## Pre-Discussion Questions:

*When you met last week, you should have shared with your group at least one action step you would take. **How did you do?***

## Icebreaker Questions:

- What were some of your worst fears as a child? Ever have a circumstance where you really didn't make it through it?

Read this week's **Sermon in a Sentence:** *As I meditate on God's care and love for me, my mind is being transformed to believe his promises, changing how I think about the source of my worry and fear.*

## Discussion Questions:

1. **REVIEW:** If needed, briefly run through the summary of Sunday's message. (See other side.)
  1. What did God teach you through the message this weekend? Any personal insights coming out of Sunday's message?
2. **DISCUSS**
  1. Why do we struggle to rest in the Belief that God's desire for us is to be free from worry?
  2. Using a couple of examples of a particular worry or fear (like finances) and dig deep to potential root fears. What are the actual outcomes we're afraid of? Keep asking "Then what?" and see how far it takes you.
  3. Rodney said, "What we believe leads to how we behave." What behaviors show up in our lives if we believe those worst case scenarios?
  4. For any of those fears/outcomes you've identified, discuss God's power and care for us. Answer them with the His truth. For example, using Psalm 23 and Matthew 6:25-34, what does God have to say about it?
3. **PRACTICE:**
  - Every group member take a few moments to personally consider a fear or worry that you are currently or commonly experience.
  - Using an internet search engine, type in the phrase, "What does the Bible say about \_\_\_\_\_." You should discover multiple lists that other people have gathered.
  - Scan the verses until one stands out to you.
    - Read it a few times. Personalize it and change the pronouns so it's written directly to you.
    - Is there a particular phrase that stands out? Quickly commit it to memory. Close your eyes and repeat it in your mind.
  - Once everyone has had a few moments with the exercise, share your fears and quote the phrases from your verses.

## Application/Reflection

- Write down the sermon in a sentence.
- Write down and share with the group at least one action step you'll take this week, especially as it relates to developing a habit of biblical meditation.
- Write down one person's name from your group (Make sure each person has at least one person, not in the same household), and one thing you could pray for and be intentional throughout the week to pray for them.

## **Unself: Trusting the Peace Speaker**

*As I meditate on God's care and love for me,  
my mind is being transformed to believe his promises,  
changing how I think about the source of my worry and fear.*

***It's not what happens to you, but rather what happens in you that determines your peace and joy.***

1. **BELIEVE** that God's desire for you is to be free from worry. (Be anxious for nothing. Cast your cares on Him for He cares for you.)
2. Try to **IDENTIFY** the true source of your worry or fear that may be leading to you anxiety. (Dig deep to the root.)
3. **PRAY**: 1.) Lay your specific burdens at His feet in prayer, trusting Him to free you. 2.) Ask for His wisdom to guide you into your part in the resolution.
4. Make a list of the ways He has already blessed you, or **THANK** Him in advance for what you believe He will do. (Rehearse His faithfulness.)
5. What **BELIEF** about God's love and care for you is more true than the source of your anxiety? (The Kingdom of God is a perfectly safe place to be. Psalm 23.)
  - What we believe leads to how we behave.
  - Life in the Kingdom of God is a perfectly safe place to be.
  - The gap between your answers to step 2 and step 5 is where your mind is in need of a transformation
6. What promises in God's Word would be helpful in changing the way you think? **MEDITATE** on those promises. (Ponder. Personalize. Practice. Memorize.)

### **BIBLICAL MEDITATION**

- **Ponder**: Read the Scripture(s) attentively, perhaps aloud. Imagine the Lord speaking these words to you in a personal way. Take time to focus your attention on each word and seek to understand what the passage means.
- **Personalize**: Now consider what this passage means to you. Read it meditatively, changing pronouns to personalize the verse directly to yourself. Let God speak to your heart as you mull over the verses He's given you in Scripture. If Jesus were sitting down beside you and speaking these words audibly to you, what verse, phrase, word, truth, command, or promise would affect you most deeply?
- **Practice**: At the end of your time, jot down that verse or phrase to take with you into the day. You might write it on a note card, a page in your calendar, or an easily retrievable place on your phone. Review it all day, as you shower, drive, walk, work, or rest. Think about it as you fall asleep at night. Try sharing it with someone. Put into practice and do whatever it says.
- **Memorize**: Commit key Scriptures to Memory.

Psalm 46:1-2 NKJV

God is our refuge and strength, a very present help in trouble. Therefore we will not fear, even though the earth be removed, and though the mountains be carried into the midst of the sea.

Psalm 56:3-4 NIV

When I am afraid, I put my trust in you. In God, whose word I praise—in God I trust and am not afraid. What can mere mortals do to me?

Isaiah 26:3 NLT

You will keep in perfect peace all who trust in you, all whose thoughts are fixed on you!

Psalm 29:11 NIV

The LORD gives strength to his people; the LORD blesses his people with peace.

Philippians 4:19 CSB

And my God will supply all your needs according to his riches in glory in Christ Jesus.