



## “Peace in a Time of Anxiety”

September 5, 2021  
CG Discussion Guide

### CATCHING UP ON LIFE

This is when we update each other on the things that Jesus has been up to in our lives since we last saw each other. As A church family, we care about each other’s lives: what we’re celebrating, what we’re mourning, what decisions we are praying through, and everything in between. (1 Thessalonians 2:8, Romans 12:10 and 15)  
*Suggested time: 10 minutes*

- What can you thank God for this week?
- When were you most aware of Jesus’ presence this week?
- When were you least aware of Jesus’ presence this week?

### REVIEW THE MISSION

Just like God the Father sent Jesus on a mission of reconciliation for us, Jesus sends us out as ambassadors of His reconciliation. We are called to make disciples wherever we go because Jesus changes everything. (John 20:21 and 2 Corinthians 5:18-20) · *Suggested time: 10-15 minutes*

- People:
  - Who in your life (family, coworkers, etc.) can we join you in praying for? Who has God put around you that is showing spiritual interest? Who is hurting and could use some love from our group?
  - Who are the people we are intentionally living on mission with (neighbors, Serve CLT partner organizations, or a specific demographic in Charlotte)? What are our upcoming plans to love, serve, and build relationships with this group?
- Plan:
  - Are there any hangouts already planned, or an extra hangout we could plan to create a way for these friends to connect with our group?
- Pray:
  - Prayer is the fuel of God’s mission. Let’s pray for our people by name; pray for their needs, and opportunities to have spiritual conversations that help them take next steps toward Jesus.

## SCRIPTURE AND SERMON DISCUSSION

God uses His Word to reveal Himself to us, equip us to live the good life He's designed for us, show us our sin, and strengthen us as we follow Him. We preach the Word on Sundays and apply it as a Community Group throughout the week. (2 Timothy 3:16-17, Colossians 1:9-12 and James 1:22-25) · *Suggested Time: 30-40 minutes*

### **Read Galatians 5:16-25 and Mark 4:35-41 and recap the sermon.**

1. What stood out to you from the Scriptures or the sermon? What comforted you? What convicted you?
2. In the sermon, we said that Mark 4 shows us anxiety (1) forgets the kindness of God, (2) lacks faith, and (3) forgets who God is. How do you see these three aspects of anxiety play out in your own life?
3. **Read Micah 5:4-5.** Jesus Himself is our peace. It is through abiding in Christ and resting in the peace He offers, that we become more like Jesus in our peace in the world. How do you need to rest in the peace of Christ this week? What does that look like practically in your moments of anxiety?
4. Take a second to look at the practice guide together. What is your plan to practice these two things - Silence/Solitude and casting your cares - this week?

## ENGAGE THE HEART

Jesus calls us to walk in the light, confessing our sins to God and each other. God's Spirit works through confession and community to lead us to repentance. (Romans 3:23-24, James 5:16 and 1 John 1:5-10)  
*Suggested Time: 30-45 minutes*