

# 4 Helps: Peace

Sometimes things overwhelm us emotionally, but the Holy Spirit can give us peace



# B

## Group Discussion Flow

### connect with needs

- Find out how they are doing. Ask also how their **action to take** and **person to tell** went last week.
- Pray for wisdom from God for the session.
- Start by stating: *"Sometimes things overwhelm us emotionally."* Then, surface experiences:  
*"Let me tell you how I have experienced this."*  
*"Tell us how you have experienced this."*
- Transition to the Bible by saying, *"The Holy Spirit can give us peace in these kinds of situations."*

### hear what God says

- Read (or tell) a Bible story/passage related to the topic.  
Choices:  
**Romans 8:5–6**  
**Acts 7:54–60 (story)**  
**Galatians 5:22**  
Two of these passages may be enough to cover in one session.  
Commentary:  
**Romans 8:5–6** — This passage shows the stark contrast between relying on our flesh and relying on the power of the Holy Spirit. Our sinful nature breeds death, but the Spirit breeds life and peace.  
**Acts 7:54–60** — Stephen was among several men elected by the early church to serve. He was arrested and found himself caught in the middle of an angry crowd. As the crowd dragged him out of the

city and began to kill him, Stephen was full of the Holy Spirit and experienced peace.

**Galatians 5:22** — (Part of a passage used earlier) — One fruit (outcome) of being filled with the Holy Spirit is peace.

- Discuss each passage using the following questions, or the alternate questions below:  
*What do you think this passage teaches us?*  
*What can we learn about God or our response to God?*  
*How do you think this passage relates to the statement we discussed earlier: "Sometimes things overwhelm us emotionally"?*

### apply that to life

- State the main lesson: *"Sometimes things overwhelm us emotionally, but the Holy Spirit can give us peace."* Have them write the **lesson learned** on their Mini-Journal card.
- Discuss:  
*What prevents us from receiving peace through the Holy Spirit?*  
*What is one action you can take this week to experience more of that peace?*
- Have them write down their specific **action to take**. Then in groups of two or three, have them share what action they plan to take. Finally, have them pray for one another.

### tell someone they know

- Ask whom they know who might be interested in hearing about what they are learning.
- Have them write the name after **person to tell**. Then, in groups of two or three, have them share whom they plan to tell. Finally, have them pray for one another.
- Encourage them to tell those people in the next few days.

### notes and preparation checklist

#### pray

- ☐ Pray for wisdom.
- ☐ Pray for group members.

#### connect

- ☐ Think of a good personal example to share.
- ☐ Decide when and how to transition from **connect** to **hear**.

### notes and preparation checklist

#### hear

Alternate questions to ask:

- ☐ **Romans 8:5–6**
  1. In what ways can the mind of sinful man be characterized as "death"?
  2. Similarly, in what ways can the mind controlled by the Spirit be characterized as "life and peace"?
- ☐ **Acts 7:54–60**
  1. What are some adjectives you could use to describe Stephen's state of mind as he was facing both the anger of his accusers and death?

- 2. Is this a normal response or a supernatural one? Why?

It is supernatural, and the source of the power was God's Spirit. The Spirit can provide peace despite emotionally overwhelming circumstances.

- ☐ **Galatians 5:22**

One fruit of the Holy Spirit is peace.

  1. What do you suppose we need to do to appropriate that peace?

When we are filled with the Holy Spirit, we have access to that peace.

### notes and preparation checklist

#### apply

- ☐ Decide when and how to transition from **hear** to **apply**.
- ☐ Be prepared to encourage people to a specific action step. Have an example in mind.
- ☐ Print [Peace Mini Journal](#).

### notes and preparation checklist

#### tell

- ☐ Encourage people to do this despite their natural tendency not to.
- ☐ Look for group members who **tell** easily. They may be good at leading their own group soon.