



Week 1: From Anxious to Peaceful

FACILITATOR'S NOTE:

- ✓ Start your group discussion with the “Check-in” question to help your members reflect back on their week and follow up on last week’s application challenge.
- ✓ Review the “Big Idea” to help you gain clarity around the heart of this week’s message and focus your group’s discussion towards a clear direction.
- ✓ Read this week’s scripture passages together and guide your group through the “Discuss” questions to initiate meaningful dialogue around key concepts or insights from this week’s message.
- ✓ Move your group discussion to a deeper level by leading them through questions in “Apply”. Use discernment to customize these application questions to meet the needs & dynamics of your group.
NOTE: You do not have to cover all the questions provided in “Apply”.
- ✓ Connect with God together as a group through this week’s “prayer practice”, which can be in the form of a prayer exercise or some guidance on what to pray for in relation to the message or application.

UPDATED NOTES TO FACILITATORS RE: COVID-19

During this unprecedented time of the COVID-19 pandemic, the primary focus of your group should shift to the immediate needs and mental health of your members. We are adopting a **C.P.R.** approach during this season, which stands for the following:

- **Care** refers to meeting tangible needs during this crisis and being there for one another
- **Prayer** refers to bringing our worries and needs before God, and praying for our world
- **Remembering** refers to reflecting on God for who He is, what He has personally done in our lives, and what He is capable of doing.

DQs will continue to be provided for our sermon series, but will be shortened and simplified since your group’s attention and time should be devoted more towards CPR. For more resources on care and prayer, check out the Slack channels.

CHECK-IN

What landed with you from this week’s message?

BIG IDEA

In God’s strong, capable, compassionate hands, we rest. According to the text, we are “honoured,” “cared for,” and “restored” through our faith in Jesus Christ.

<p>DISCUSS</p>	<p>Read 1 Peter 5:5-11 together.</p> <ol style="list-style-type: none"> 1. What does this passage tell us about God’s character in our times of need? 2. What does this passage tell us about how we are to respond to our circumstances?
<p>APPLY How do we respond to God’s teaching in meaningful ways? What might God ask of us in mind, spirit, or actions?</p>	<ol style="list-style-type: none"> 1. Can you recall a situation that you absolutely dreaded, where once you went through it, you wondered what the fuss was about? Explain. 2. Which of the following promises of God resonate most with you right now? <ul style="list-style-type: none"> • God will honour you • God will take care of you • God will restore you <p>In what ways might you allow these truths to permeate into your days or weeks ahead?</p>
<p>PRAYER PRACTICE (15 minutes)</p>	<p>During these times of great need around us, practicing prayer more regularly or intensely as a group can serve as an act of care, mission, and communion with God.</p> <p>Has your group ever implemented a Prayer Chain? If not, would you give it a try?</p> <p>Purpose: to spread out group prayer needs throughout the week, as each member assumes responsibility for their part. This is one way of “praying without ceasing,” which the apostle Paul talks about in Scripture.</p> <p>How: Ask each group member for prayer requests (it can be based on a theme, such as today’s application questions, or it can be generic requests to pray for each other and others outside the group). Have someone record these requests.</p> <p>Then designate a day of the week for each member/family to pray on their own time. Send out the group prayer requests and schedule. Next week, reflect on the experience. You may be surprised at how a different rhythm of prayer can change the culture of your group and deepen their intimacy with God and each other.</p> <p>Close your time together with a short and simple prayer, and save these requests for the Prayer Chain during the week.</p>