



PATH TO PEACE

TALK IT OVER

Peace for Your Mind

Path to Peace - Week One

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If you would like to watch the weekend message, visit www.saddleback.com/watch.

Open your group in prayer and remember that this is only a guide. Feel free to discuss each of the questions provided or simply dive deeper into just one. Before you close with prayer, take a few minutes to look over the Three Essential Questions at the end of the document.

Scriptures

Isaiah 26:3, 2 Corinthians 10:3–5, Philippians 4:6–9, Romans 5:1, 2 Peter 1:3, 1 John 1:9, 2 Corinthians 1:8-9

Questions

1. What does peace look like to you, and how do you find it?
2. Isaiah 26:3 (NIV84) says, “*You will keep in perfect peace him whose mind is steadfast, because he trusts in you.*” Why is it necessary to change our thoughts if we want to change the way we feel and react? How is your mind a spiritual battlefield for peace?
3. 2 Corinthians 10:3-5 (NIV84) says, “*For though we live in the world, we do not wage war as the world does. The weapons we fight with are not the weapons of the world. On the contrary, they have divine power to demolish strongholds. We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ.*” When are you most likely to react without thinking? What does it mean to “take captive” a thought, and how does pausing help us to do this? What is a practical way you can remind yourself to pause and evaluate your thoughts?
4. A stronghold is a deeply rooted distorted pattern of thinking based on thoughts or beliefs that oppose God’s truth and influences how you feel and live. Philippians 4:8 (NIV84) says, “*Finally, brothers, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things.*”

Additionally, 2 Corinthians 10:3-5 tells us to “demolish strongholds.” According to these passages, how can we do this? What are some strongholds that you are struggling with, and what scriptural truths can you replace them with?

5. Philippians 4:6-7 (NIV84) says, “Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.” What does this passage teach us about how to handle anxiety, and what does God promise if we do this?
6. Philippians 4:9 (NIV) says, “Whatever you have learned or received or heard from me, or seen in me—put it into practice. And the God of peace will be with you.” Why is it necessary not just to hear God’s truth, but to practice it in order for it to take root in our heart? What truth are you not yet actively living out, and how can you “put it into practice” this week?

Three Essential Questions

The following questions are intended to be open-ended and encourage members to consider how they and what they, or the group, can do as a result of hearing the message.

1. **What did you hear?** *What point in this message was most impactful for you?*
2. **What do you think?** *How did this message challenge, change, or affirm your thinking?*
3. **What will you do?** *How will you or your group put into practice what you’ve learned today?*

Are you interested in the Bible and in helping small groups benefit from the weekend message? Well, you are in luck! Saddleback members like you create these discussion guides each week. If you are interested in joining the team, please email JasonW@saddleback.com.