



PATH TO PEACE

TALK IT OVER

Peace For Your Heart

Pastor Andy Wood

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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

John 14:27 (NIV), Mark 7:14–23 (NIV), Proverbs 14:30 (NIV), 1 Samuel 16:7(NIV), Jeremiah 17:9–10 (NIV), Psalm 139:23 24(NIV), Proverbs 4:23 (NIV), Psalm 101:3 (NKJV), Psalm 101:3 (NLT), Job 31:1 (NIV), (Job 34:3 NIV), 1 Timothy 4:7 (GW), Philippians 2:12-13 (NIV), Psalm 116:7 (GW), Proverbs 3:5–6 (NIV), Philippians 4:6–7 (NIV), 1 Timothy 6:6 (NIV)

Questions

1. In Proverbs 4:23 we are told to guard our heart, for everything we do flows from it. Why is it so hard to guard our hearts daily? What are some simple ways to guard our hearts?
2. Jeremiah 17:10 says, “I the Lord search the heart and examine the mind, to reward each person according to their conduct, according to what their deeds deserve.” How does this idea change your understanding of what God expects from us?
3. One of the big ideas was to submit your heart to testing. That’s not comfortable. Why do you think we resist letting God—or even trusted people—really examine what’s going on inside us? What might you discover if you prayed, “Search me, God” this week?
4. 1 Timothy 4:7 says to train yourself to be godly, while Philippians 2:12–13 reminds us that God is working in us at the same time. So, it’s not either/or—it’s both. Where do you need to take more responsibility in your spiritual growth, and where do you need to rely more on God? What’s one intentional practice you could start that would strengthen your spiritual life?

5. Verses like Psalm 101:3 and Job 31:1 talk about making intentional choices with what we look at. In a world where everything is one click away, how do you decide what's worth your attention? Where might God be calling you to raise your standards?
6. Psalm 116:7 says, "Be at peace again, my soul." That word "again" matters—it assumes we lose peace sometimes. When you feel anxious or unsettled, where do you typically turn first? How could you begin to redirect your thoughts toward trusting God's goodness instead of feeding your fear? What would it look like to build a rhythm of coming back to God as your source of peace?

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.