

CONNECT GROUP DISCUSSION GUIDE

Week #3 - Where do I find Peace?



GETTING STARTED

Spend some time checking in with each other. Any highs and lows since the last time you met?

Complete the sentence: What the world needs now is _____. Why did you choose that word or idea?

THIS WEEK'S THEME

But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control. Against such things there is no law.
Galatians 5:22-23

Scripture Focus

- Ephesians 4:11-13 (NLT) – Maturity in Christ
- Galatians 5:22-23 (NLT) – Fruit of the Spirit
- Proverbs 14:30 (NIV) – Peace vs. Envy
- Ecclesiastes 4:4-8 (NIV) – The futility of comparison

Read each passage aloud. What stands out to you? Why?

The Problem of Comparison

- When did you first feel like you didn't measure up or didn't "fit in"?
- Where do you find yourself most tempted to compare today (e.g., social media, career, parenting, appearance)?
- How has comparison affected your sense of peace?

Chasing the Wind

- What do you think it means to "chase the wind" in today's culture?
- Can you share a moment in your life where you were chasing the wind? What was the outcome?
- Why do you think we're so prone to chase more even when it never seems to satisfy?

Identity and Contentment

- Who have you spent your life trying to impress, prove yourself to, or compete with?
- What difference would it make if you truly believed you are already loved, already accepted, already enough?
- What would contentment look like for you? How is God nudging you to experience peace?

DIGGING DEEPER

Proverbs 14:30 (NIV).

The Book of Proverbs is a collection of essays, poems, and sayings expressing the wisdom of ancient Israel. Some of the material probably originated as folk wisdom, circulating in the family or the clan. Other parts reflect the life of the royal court. Arrangement began during the time of Solomon (about 961-922 BCE), and the final edition was likely produced during the exile in Babylon (about 587-539 BCE) or even later. Jeremiah 18:18 refers to the priest, the wise, and the prophet as leaders in Israel; the Book of Proverbs is the product of the work of "the wise." The wisdom of Proverbs comes from what one learns by observing the world and from experience.

Read more here: <https://enterthebible.org/courses/proverbs/lessons/summary-of-proverbs>

Ecclesiastes 4:4-8 (NIV).

Ecclesiastes reveals our lack of control over our lives. The true meaning of a good life is found in the hope for God's judgment that will destroy evil and bring justice. This hope fuels a life of honesty and integrity, despite life's mysteries.

Read more here: <https://bibleproject.com/guides/book-of-ecclesiastes/>

PRAY

Ask how you can pray for each other this week. What prayer requests do you have?

Gracious God, Thank you for the gifts of the spirit. Teach us to live in a way the world needs. Amen.

TAKING IT HOME

What practice or habit could help you build greater contentment and inner peace this week?