Bible Study: Finding Peace in God Amidst Stress

Scripture Reading: Philippians 4:6-7

Discussion Questions:

1. According to Philippians 4:6-7, what are we instructed to do when we are feeling anxious or stressed?

2. Why do you think it is important to bring our requests to God with thanksgiving, as mentioned in these verses?

3. What does it mean for the peace of God to guard our hearts and minds in Christ Jesus, and how can this bring us comfort in times of stress?

Scripture Reading: Psalm 46:10

Discussion Questions:

1. In Psalm 46:10, God instructs us to "be still and know that I am God." What do you think it means to be still before God, especially when we are feeling stressed and overwhelmed?

2. How can taking the time to be still and quiet before God help us to find peace and perspective during our stress?

3. What dangers do you think can arise from allowing stress to consume us and distract us from God's presence and promises?

Application:

1. Reflect on a recent situation in which you felt stressed and overwhelmed. How might you have responded differently if you had turned to God in prayer and sought His peace?

2. Take some time this week to practice being still before God in prayer and meditation. Reflect on His presence and promises, and allow His peace to guard your heart and mind in the midst of any stress or anxiety.