

Lifegroup Curriculum: Week 6

Looking Back (15 mins)

Family Time

1. Vision Statement:
 - Explain the vision of your lifegroup. Invite someone in your lifegroup to share your vision piece next time.
2. Icebreaker Question:
 - What's something you do that helps you feel peace or brings you joy?
3. Check-Ins:
 - Life updates from the previous week(s), prayer requests, praise reports.

Looking Up

Worship (~15 mins)

- [Oceans \(Where Feet May Fail\)](#) - Hillsong
- [Ever Be | We Will Not Be Shaken](#) - Kalley Heiligenthal

Bible Study (30 mins)

How's your spiritual, emotional, and mental diet been? Our diets not only require an inventory of what we need to cut out, but also an inventory of how to add a healthy intake for our heart, mind, and soul. One of the most healthy diets for us to digest is the unending and miraculous peace of God. Let's explore more of the peace of God together.

Mark 4:35-41, NIV

35 That day when evening came, he said to his disciples, "Let us go over to the other side." **36** Leaving the crowd behind, they took him along, just as he was, in the boat. There were also other boats with him. **37** A furious squall came up, and the waves broke over the boat, so that it was nearly swamped. **38** Jesus was in the stern, sleeping on a cushion. The disciples woke him and said to him, "Teacher, don't you care if we drown?" **39** He got up, rebuked the wind and said to the waves, "Quiet! Be still!" Then the wind died down and it was completely calm. **40** He said to his disciples, "Why are you so afraid? Do you still have no faith?" **41** They were terrified and

asked each other, "Who is this? Even the wind and the waves obey him!"

Discussion Questions:

Before we respond, take a moment to a pause and breathe in this scripture. You may want to read it again to yourself – inhale and exhale slowly. Allow your breath to dictate the pace and allow the Living Word speak directly to you.

- What is Holy Spirit highlighting to you in this passage?
- What can we learn about the peace of God?
- Take a look at this Rembrandt painting about Jesus calming the storm:





- When we're going through storms, who do you relate to most in this picture?
Why?
- What are the inward or outward storms where you need the peace of God?

Looking Forward (15 mins)

Break into groups of 3-4, or do this as an entire group:

Part of receiving the peace of God is speaking peace over each other in community! Take some time to pray for the peace of God to conquer specific storms in each other's lives. Find a way to contact each other before your next meeting and check in with one another. Continually speak the peace of God over one another and pray for one another.