



Restoring Calm to Your Life
Colossians 3:15-17

Ice Breaker: On the average, how long does it take you to fall asleep? What prevents you from falling asleep faster?

Discussion

1. What kind of things do you spend most of your time thinking about?
2. What items tend to cause you the most concern? The items that steal your peace.
3. What role, if any, might talking to other people have in restoring peace in our lives?
 - What kind of things might we want to talk to or ask others about?
4. In addition to our day-to-day worries, what other items can steal our peace?
5. Should we ever pray for God to keep peace away from our heart?

Bottom Line: Let Christ's peace rule in your life

Next Step(s):

- Be honest with yourself; can people see Christ's peace in your life?
 - If not, how come?
 - Need to talk? Reach out to us @ astotler@calvarywv.com
- Think of one simple way this week you can display the peace of Christ in your life