



IT'S
NOT
WHAT
YOU
THINK

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MAIN IDEA

Peace isn't found in the absence of pain, problems, or pressure, it is found through our relationship with Jesus.

STARTER

Which of the five senses would be the most difficult for you to live without? Why?

DISCUSS

What is a habit in your life that helps you find peace when you feel overwhelmed?

READ

Have someone read [John 14:27](#) and someone read [Philippians 4:6-7](#):

- What do these passages teach you about the kind of peace Jesus offers?
- On a scale of 1 to 10, how quickly are you able to find peace with God when you feel overwhelmed? What gets in the way of you finding God's peace?
- Describe a time recently where you struggled to find peace due to pressure, pain, or a problem. What happened and how did you deal with it?

Read John [21:15-17](#) and discuss the moment when Jesus restores Peter after he denied he knew Jesus.

- If you were Peter, how would you have felt before and after this conversation with Jesus? Why?
- What is a way you need to experience God's grace in your life right now?

APPLY

Have everyone share one way they could trust God's grace and one way they could extend God's grace more to someone else.

Spend some time praying for each other to experience and extend God's peace to others.