

CoreGroup Guide | Peace - Part 3

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Welcome

Every year we sing “Silent Night,” a beautiful Christmas classic that describes Mary and baby Jesus “sleeping in heavenly peace.” Must be nice, right? Most of us find ourselves with restless nights, stressful days, and some level of chaos swirling around inside our hearts and minds. Our reality feels so far from the “heavenly peace” of the Christmas story that we can be tempted to write off the possibility of experiencing anything resembling it. This week we look for a path to the inner peace that Jesus wants for us.

Opening Prayer

Gracious God, thank you for bringing us together during this busy time of year. Thank you for all the reasons we have to celebrate. Help us to use this time together to slow down and focus on you. May this conversation draw us closer to You and to one another. We ask all this in the name of Jesus, the One who became flesh and dwelled among us. Amen.

Ice Breaker

What is your favorite lyric from a Christmas song?

The Head

When the Apostle Paul wrote to the church at Philippi, his final instructions to the believers there included a promise. God promises that we can experience peace on a deep soul level. The challenge of receiving that promise was just as real for the first Christ followers as it is for us today..

Philippians 4:4-7

Be glad in the Lord always! Again I say, be glad! Let your gentleness show in your treatment of all people. The Lord is near. Don't be anxious about anything; rather, bring up all of your requests to God in your prayers and petitions, along with giving thanks. Then the peace of God that exceeds all understanding will keep your hearts and minds safe in Christ Jesus.

- In this passage, what actions are we to take in order to experience the peace of Christ?
- What does it look like to be glad in the Lord?
- How would you describe a peace that exceeds all understanding?
- What does it mean to have safety for your heart and mind in Christ Jesus?

In the gospel of John's poetic telling of the Christmas story, we see a beautiful description of the meaning of Christmas. God didn't leave us alone. Jesus came to be with us in an up close and personal way.

John 1:14

*The Word became flesh
and made his home among us.
We have seen his glory,
glory like that of a father's only son,
full of grace and truth.*

- Why do you think God chose to come to earth in human form rather than another way?
- What does it tell us about God's character that Jesus made his home among us?

The Heart

There's been a meme circulating on the internet this year: "It's almost time to switch from my everyday anxiety to my festive Christmas anxiety." It's funny because it's true. This is an important time to name what we're struggling with, pay attention to our emotions, and remember the truth of the Christmas story.

- What tends to disturb your peace most during the Christmas season?
- What are some signs that you are carrying a lot of stress or feeling especially unsettled internally? How do those differ from how you feel when you are experiencing peace?
- What unsettled or anxious feelings are you bringing into Christmas this year?
- Have you ever had a specific experience of "peace that exceeds all understanding" that you can share with the group?

The Hands

God promises that we can experience peace, but we might have to make some changes first. Seeking peace is meant to relieve our burdens, not feel like an additional one. This means we should rely on God and each other to experience the presence, power, and promise of Christmas.

- Where in your daily routine could you create a few minutes of quiet to be aware of God's presence?
- What is one worry you're carrying this week-and what would it look like to turn it into a daily prayer?
- What is one external change you could make this week that would reduce the stress you are carrying (examples: simplifying plans, delegating, saying no, prioritizing rest)?

Closing Prayer

Emmanuel, God with us, you know the worries we carry and the pressures that fill our minds during this time of year. Help us today to release our anxieties into Your hands. Teach us to rejoice in You, to choose gentleness, and to let prayer and gratitude shape our thoughts. Amen.

From Pastor Charity

The first Christmas Eve service is less than a week away! Time to start thinking about which services you'll attend. Check out the full schedule here: [Christmas Season at The Gathering](#)

Christmas Eve services can only happen with the help of volunteers. Please consider sitting in one service and serving in another! Sign up here: [Volunteer to Serve at Christmas Eve 2025](#)