

LIFE GROUP DISCUSSION

WEEK: OCTOBER 4-10, 2025

SERIES INFO

Rotten: In a world of fake smiles, quick tempers, and shallow love, we're all producing something. Every word, every choice, every action plants something in someone's heart—either life-giving or toxic. But the Spirit grows something different: love when hate comes easy, joy when life feels heavy, peace in the chaos, patience when you're pushed, kindness in a cruel world, goodness when nobody's watching, faithfulness when others walk away, gentleness in a culture that shouts, and self-control when everything says give in. That's not surface-level. That's transformation. And it might be the very thing that marks the difference between being ruled by the mess around you and being fueled by something greater.

PERSONAL FUN FACTS

When you want to relax or “unwind,” what's your go to activity?

TAKEAWAYS

What were the greatest “takeaways” you had from the message this week about the Holy Spirit producing the fruit of peace within you?

DISCUSSION

The Peace of Christ

Scripture: John 14:27

Peace is not just the absence of conflict, but the inner rest that comes from God. St. Augustine said, “Our hearts are restless until they rest in You.” Peace is an inner condition of the soul that is anchored in God.

- How do you distinguish between the world's peace and the peace that Jesus promises?
- Can you recall a time when you felt God's peace even when life seemed chaotic?

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DISCUSSION CONTINUED

Let it Rule

Scripture: Colossians 3:15

If you look around you, you will notice that people are restless. Anxiety, hurry, and noise dominate our world. Even when things are “going well,” many find themselves unsettled inside. The question for us is, “is our soul marked by peace?” The Hebrew word for peace is “*shalom*.” It means, “wholeness,” “completeness,” and flourishing in God. The Greek word for peace in the New Testament is *eirene* (eye-RAY-nay), which means calmness, rest, and reconciliation. When Christ dwells within us, peace takes root in our souls, because “*He himself is our peace*” (Ephesians 2:14).

- Why are there moments that you might feel unrest even though you know God is with you? In other words, what most disturbs your inner peace (fear, hurry, conflict, control)?
- What does it look like for Christ’s peace to “rule” in your heart in daily life?
- Is there an area in your heart where peace is not “ruling?” What might surrendering that area to Christ look like?

Peace, Perfect Peace

Scripture: Isaiah 26:3

Have you ever noticed that what you think about often affects how you feel? There is a strong connection between the mind and the heart. Our thoughts, reasoning, and focus continually interacts with our core desires, emotions, and inner life. They are inseparable in spiritual formation. How we think shapes how we feel, and what we feel often drives our actions. As we renew our minds through God’s Word, we guard our hearts, shape our desires, and experience God’s peace. Peace comes when our mind is steadfastly fixed on God.

- What does it mean for your mind to be “steadfast” or “stayed” on God? Why do you think God emphasizes the mind being stayed on Him rather than simply the heart?
- Explain how trust differs from mere hope or optimism.

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APPLICATION AND ASSESSMENT

- What practical steps can you take this week to keep your mind focused on God?
- Identify one area where your thoughts are influencing your heart in a negative way that contribute to the erosion of your inner peace.

PRAYER

Lord Jesus, fill my heart with your peace, the peace that surpasses all understanding. Calm my restless thoughts, quiet my anxious spirit, and guide my words and actions. Teach me to surrender control, forgive freely, and trust wholly in you. May your peace rule in my heart, and may it flow through me to bless others. In Jesus' name, Amen.