

WELLSPRING

WORSHIP CENTER

Peace (Philippians 4:6-7) Reflection Questions 12/07/2025

1. Do you usually feel peaceful during the holiday season, or does the stress and pressure tend to overwhelm you?
2. How does the Hebrew Old Testament concept for “peace” (in the word “Shalom”) differ from our modern concept? How does circumstantial peace differ from the world’s peace?
3. In John 14:27, Jesus tells us that the peace He gives is different from that of the world. Often times, the world’s approach is a “peace of avoidance” or a “peace of removal” from a challenging situation.
Why is the world’s approach to peace not always effective?
4. Why might God promise peace rather than an immediate end to our problems? How can peace coexist with grief, frustration, or unanswered questions?
5. In Philippians 4:7, the apostle Paul describes God’s peace as something that “transcends all understanding”. What does Paul mean when he says God's peace "transcends all understanding"? Can you think of a time when you experienced peace in a situation where peace didn't make sense?
6. What are some unhealthy ways people try to find peace apart from God? How does the peace of God challenge the way our culture deals with stress?
7. Is anxiety a sin, a human weakness, or something else? How should Christians think about it Biblically?
8. How do you distinguish between healthy concern and unhealthy worry?
9. What would change in your life if God's peace consistently ruled your heart? In what area of your life do you most need God's peace to "guard" you today?
10. How can we practice the truth in Philippians 4:6-7 daily, rather than waiting for a crisis?