

Drive Thru: A Double Order of Peace

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Questions: How many times a week do you use a drive thru? What do you usually order? Why do you use it?

Read Galatians 5:22-23

Question: Which of these “fruit” do you most need at this moment?

Questions: On a scale of 1 – 10 with 1 being “not at all” and 10 being “off the charts high”, where has your anxiety been at during this pandemic? In what ways is fear normal and beneficial? In what ways does it have negative effects? How have you experienced both?

Read Philippians 4:7

**God's peace exceeds anything we can understand,
and is like an armed guard that
protects our hearts and minds.**

Questions: What does it mean to “live in Christ Jesus”? God’s peace is contingent on living in Christ and what else from Philippians 4:6?

Questions: When have you felt condemned because you worry? How does prayer and thanksgiving become the antidote to worry? When have you experienced a dramatic shift from worry to peace through prayer and praise?

Anxiety is like a security system for our heart that goes off to tell us something is trying to steal our peace.

Read 1 Peter 5:7; Philippians 4:8

Question: What is one change you will make today that would change what your thoughts are fixed on?

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