

## Discussion Guide for Secrets to Peace

**1. Read Philippians 4:4-9 and briefly review the sermon outline.**

**The target time is five minutes.**

What parts of Sunday's lesson did you find helpful, enlightening, unclear or troubling?

**2. Truth:** Life's conflicts, struggles and stresses constantly threaten to steal our peace. God gives us a powerful tool to fight anxiety and enjoy peace. That tool is praying with thankfulness to Him, knowing that He is in full control and He is carrying out His perfect will for our good and His glory. One method for balanced praying is abbreviated A.C.T.S. It includes Adoration, Confession, Thanksgiving and Supplication.

**As a group, spent the next 30 minutes praying to God with A.C. and T. as your focus. Set a timer.**

Spend ten minutes in **Adoration**: telling God how and why He is great.

Spend ten minutes in **Confession**: seeking God forgiveness for your failures and sins.

Spend ten minutes in **Thanksgiving**: thanking God for the amazing blessings in your life and the lives of others.

**Now, with you minds in the right place, pray for one another.**

Spend the rest of the time in **Supplication**: asking God to help with the problems that are causing you, and the other group members, stress, conflict and struggle. Take this opportunity for each person to share their prayer needs.