



**January 25, 2026**

**God's Peace and Rest - Philippians 4:6-7**

**SUMMARY:** Life has a way of knocking us off balance. Stress, worry, and pressure don't just affect us emotionally and mentally, they shake us spiritually. God gives us two steady "bookends" to keep us upright: His peace and His rest.

**SCRIPTURE:** Philippians 4:6-7, Romans 5:1, Galatians 5:22, John 14:27, 1 Peter 5:7, Matthew 11:28-29, Hebrews 4:10, Hebrews 4:1-3

**APPLICATION QUESTIONS:**

1. We often suffer much more in our imagination than in reality, getting stuck on the "hamster wheel" of "what if." What is a specific "what if" scenario that has been stealing your peace recently?
2. Effective prayer involves worship—telling God who He is—before we ask for what we need. When you are anxious, do you tend to focus immediately on the problem, or do you take time to focus on God's character first? How might starting with worship change your perspective on your current struggle?
3. We are called to offer prayer "with thanksgiving," even in the midst of tribulation. What is one specific thing you can be thankful for right now, even if your current circumstances are difficult or painful?
4. Many of us are trying to carry a "payload" in our souls—such as grief, strained relationships, or past hurts—that we were not designed to bear. Where in your life are you feeling "pushed over" because you are trying to carry a weight that belongs to God?
5. Entering God's rest requires faith to believe that He is working even when we stop striving. Is there an area of your life where you are afraid to "stop working" or stop controlling the outcome? What would it look like to trust God with that situation this week?