



# the message connect

The Message Connect is a devotion that goes deeper into Sunday morning's message, intentionally connecting it to our lives throughout the week. Through a 15-20 minute video and discussion guide, we challenge everyone to go deeper in their faith because we believe growing people change for God's glory and their God-honoring life purpose.

## WEEK TWO: PERFECT PEACE

Go online to [ringgoldchurch.com/themessageconnect](http://ringgoldchurch.com/themessageconnect) to watch this week's Message Connect video.

### Key Scriptures:

Philippians 4:6-7

All of us know what it is to experience anxiety and depression to some degree, but God promises his followers peace that passes understanding.

### Next Steps:

**1. Start Talking.** Find a conversation starter for your group.

How do you tend to respond when things don't go your way?

What does it take to live at peace with difficult family members or colleagues?

**2. Start Thinking.** Ask a thoughtful question.

What did you learn about God from the message this week?

**3. Start Sharing.** Here are questions to help you dig deeper into God's Word.

Philippians 4:6-7. Paul isn't telling us we should deny our feelings of anxiety or try to quit feeling them. Instead, he is saying in every situation and every time we feel anxiety, fear or depression, we should talk to God about it first.

When you experience anxiety or concern about something, what is the first thing you do for help?

Where does God fall on your list of people and things to seek for help?

When you take every situation to God, every time, you develop a shared history with God, and shared history develops an incredible trust with God. Do you tend to only take certain situations to God, or do you take every situation to God? What are some ways you can start building a shared history with God, particularly when it comes to each of your anxieties?

John 8:44. When anxieties develop in your mind and heart, ask God "Why do I feel this way?" He will often uncover that we are being convinced of Satan's lies. Share about a time you have felt anxious or depressed because of lies you've been fed by our culture, the media, friends, or family.

Romans 8:1 says there is no condemnation for those who belong to Christ Jesus. What are some ways you can get God's word deep in your heart and mind? Have you made reading the bible everyday a habit? Why or why not? How could you start that habit today?

Psalm 38:1-8. David's sin caused his body to feel bad. He needed to repent. Repent simply means to go a different way.

If God is revealing any sin in your life of which you need to repent, what actions are you willing to take to turn from your sin and go a different way?

Are you willing to bring your sin before God and repent, or is this something you struggle to do? How can our group help you in this?

Ecclesiastes 3:1-8; Matthew 11:28-29; Philippians 4:19; Revelation 21:4; Romans 8:28. Each of us will walk through positive and negative seasons at various points in our lives. When we can't change the reality of the season we are in, we must remember what God has promised us!

When you can't change your circumstances, what are some specific ways you can remind yourself of God's promises? Which of God's promises do you need to hold onto right now

**4. Start Praying.** Be bold, and pray with power.

Take some time to pray over identified action steps and life issues. Pray that God would continue to actively grow and mature you in Christ.

**5. Start Doing.** Commit to a step and live it out this week

What is God saying to you through his word? What are you going to do about it, and when?

For more information about taking the next steps in your faith, visit: [ringgoldchurch.com/nextsteps](http://ringgoldchurch.com/nextsteps).

### LET OUR PASTORS LEAD YOUR DISCUSSION.

Our Pastors have created The Message Connect video for the *Living On The Edge* message series. Go deeper and wider in your faith walk with us by going to [ringgoldchurch.com/messageconnect](http://ringgoldchurch.com/messageconnect).