



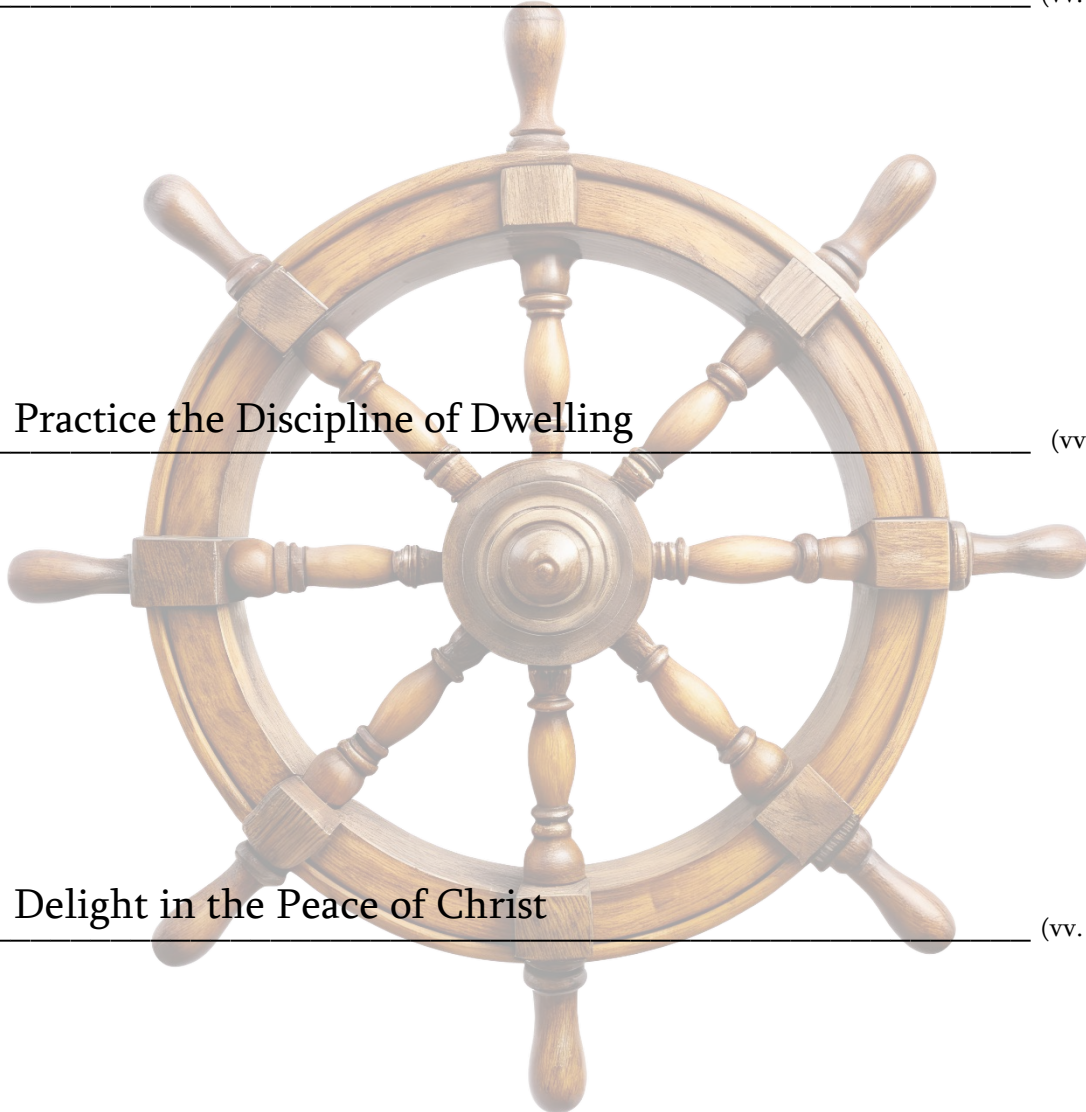
The Storm

“ How to Navigate through Fear and Anxiety ”

1. Know the Distractions that Fuel Anxiety (vv. 6 & 8)

2. Practice the Discipline of Dwelling (vv. 7-9)

3. Delight in the Peace of Christ (vv. 4-5, 7)



Grow Group Discussion Questions

A grow group is 8-16 people who get together weekly to study God's word and the previous Sunday's message. There is a time of discussion, support, encouragement, and learning how the message applies to daily life. **PCC uses the ESV (English Standard Version).**

HOW DO I JOIN A GROUP?

To learn more or join a group, visit pacificcoastchurch.org/gg/ or sign up at the patio Info Kiosk.

Point #1

- a) What are some of your physical, emotional, or spiritual "symptoms" of anxiety?
- b) Augustine said anxiety often reveals when a good thing has become an ultimate thing. What good things in your life are you most tempted to make ultimate?

Point #2

- a) What is it about spiritual practices that help us re-orient our hearts? What does it mean to "dwell" on God?
- b) Which spiritual practices (inner or outer disciplines) help you most to move from simply *knowing about God* to *knowing Him deeply*?

Point #3

- a) In Mark 4, Jesus rebuked the storm, not the disciples. How does that encourage you when you face storms of fear or anxiety?
- b) How does having God on the throne of our hearts bring us into "the cushion of Christ"?

Daily Devotions

These are provided for mid-week personal spiritual growth. Prayerfully writing out your answers will help you experience real life transformation as you dig deeper into the spiritual truths of God's word and today's message.

A downloadable PDF of this document is also available each week at pacificcoastchurch.org/sermons.

MONDAY // Read: Psalm 46:1-3, John 14:27

- Where in your life right now do you feel the storm of fear or anxiety most strongly?
- How do these verses remind you that peace comes from God's presence, not from calm circumstances?

TUESDAY // Read: Jeremiah 2:11-13, Matthew 6:31-33

- What good things in your life are most at risk of becoming ultimate things?
- How does anxiety reveal where your heart is looking for security apart from God?
- What would it look like for you to seek God's kingdom first this week?

WEDNESDAY // Read: Isaiah 26:3-4, Philippians 4:6-7

- What practices help you fix your mind on God when you feel anxious?
- How does God's peace act like a guard over your heart and mind?

THURSDAY // Read: Psalm 27:4, Colossians 3:1-2

- What do you most often "dwell on" in your thoughts: career, family, worries, desires?
- How could you retrain your heart to dwell more deeply on Christ this week?

FRIDAY // Read: Micah 6:8, James 1:22

- Where is God calling you to move from *hearing* to *doing*?
- Which inner discipline (prayer, Scripture, worship) or outer discipline (simplicity, forgiveness, service) do you need to grow in right now?

SATURDAY // Read: Psalm 91:4, Colossians 1:19-20

- How does Christ's death on the cross guarantee your peace with God?
- How does His resurrection promise peace in your present storms?
- As you prepare for Sunday worship, what would it look like to *delight* in His peace today?

<p>MEDITATION VERSE: You will keep in perfect peace those whose minds are steadfast, because they trust in you.</p> <p style="text-align: right;"><i>Isaiah 26:3</i></p>
