



Discussion Guide
Guard Your Peace
Pastor Daniel Floyd

Starter Have you ever woken up stressed? Your feet haven't even hit the floor yet, and your mind is already running through everything that could go wrong that day. You replay conversations, worry about the future, think about finances, relationships, and everything else at once. When was the last time you felt true peace?

Sermon Summary

Explore how to live with a faith that stays strong between Sundays by learning to guard the peace God has given you. There's a difference between peace *with* God and the peace *of* God, and we can learn how to protect the peace He gives us from the everyday pressures that try to steal it.

ACT

As you absorb sermons, read, or participate in group discussion, take notes and make a plan to apply what God's teaching you.

A (Action): Mark important ideas with an "A" to remind you to take action.

C (Contemplate): Use a "C" to mark ideas you want to process further.

T (Transfer/Teach): If it's something you need to teach to someone else, note it with a "T."

Read

What do these Scriptures teach you about God's character? (Read some or all verses together.)

[Ephesians 4:14–16](#)

[Colossians 3:15](#)

[Psalm 32:3–5](#)

[Galatians 5:22](#)

[Romans 5:1](#)

[Ecclesiastes 4:6](#)

[1 John 1:9](#)

[John 14:26](#)

[Philippians 4:6–7](#)

[Philippians 4:8–9](#)

[Genesis 2:18](#)

[Isaiah 26:3](#)

[John 14:27](#)

[Romans 12:2](#)

[Romans 12:5](#)

Discuss

Choose questions to keep the discussion moving. There's no need to discuss every question.

1. When you think about your daily life, what tends to steal your peace the most and why do you think it has that effect on you?
2. How would you describe the difference between having peace *with* God and experiencing the peace *of* God in your current season?

3. In what areas of your life do you find it hardest to let the peace of Christ act as the “umpire” in your decisions?
4. Which of the six peace-stealers (overload, negative thoughts, unconfessed sin, isolation, lack of prayer, or ignoring the Holy Spirit) do you relate to the most right now and what would it look like to address it this week?
5. What practical changes could you make this week to intentionally guard your peace and create more space for God’s presence in your everyday life?

Go Deeper

1. Study Proverbs 4:23. What practical boundaries do you need to put in place to better guard your heart and protect the peace of God in your life?
2. Study Matthew 11:28–30. What burdens are you carrying instead of surrendering to Jesus and how is that affecting your peace?
3. Study 1 Peter 5:6–7. What specific anxieties do you need to actively release to God and what would it look like to truly trust Him with them?

Apply

1. What is one specific change you can make this week to reduce overload in your life and create margin for God’s peace?
2. What negative or anxious thought have you been replaying and what truth from God’s Word can you replace it with?
3. What is one step you can take this week to guard your peace—through prayer, community, obedience to the Holy Spirit, or something else—and when will you do it?

Pray

Here are some prayer points:

1. Ask God to make you aware of anything stealing your peace and to help you choose His truth, His pace, and His presence over anxiety.
2. In the middle of stress, uncertainty, or pressure, ask God to anchor your soul so that you remain steady even when life feels chaotic.
3. Pray for help to slow down, listen, and obey God daily so that His peace can guide your decisions and shape every area of your life.

Leadership Tip

A strong small group doesn’t just discuss peace; it practices it. As a leader, set the tone by slowing the pace of your group, creating space for honest sharing, and modeling what it looks like to trust God instead of rushing to fix everything. When you lead with a calm, prayerful presence, you can help others learn how to guard their peace too.