

“Hurry is the great enemy of the spiritual life.” — Dallas Willard

Hurry robs you of ____ peace ____.

Peace: ____ Restfulness ____ of ____ soul ____.

The Lord is my shepherd; I shall **not want**. He makes me lie down in green pastures. He leads me beside still waters. He **restores** my soul. *Psalm 23:1-3*

“I am leaving you with a gift—**peace** of mind and heart. And the peace I give is a gift the world cannot give. So don't be **troubled** or **afraid**.” *John 14:27*

Peace is the essential element to a ____ healthy ____ soul.

A peaceful **heart** leads to a healthy **body**; jealousy is like cancer in the bones. *Proverbs 14:30*

“The physical bears the marks of the spiritual.” — John Kitchen

How do you find peace?

Create ____ margin ____.

But Jesus often **withdrew** to lonely places and prayed. *Luke 5:16*

How does margin bring peace?

1. ____ Thinking ____ and ____ reflecting ____.
2. ____ Energy ____ is restored.
3. You can deal with the ____ unexpected ____.
4. You can hear God's ____ voice ____.

“My sheep **hear** my **voice**, and I know them, and they **follow** me.” *John 10:27*

“By ceasing for a time, from my normal patterns of being in conversation and community with others, I am able to hear his voice and sense his presence. These **open spaces** eventually help to calm my inner anxiety and slow down my drivenness.” — Alan Fadling

Where do you need margin?

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Small Groups

Group Prep

In preparation for group, meditate on Matthew 11:28-30, listen to the Weekend Service message, then answer the following discussion questions.

Introduction

Everybody wants to experience peace, but how is it possible with life continually pulling us in multiple directions. Eleanor Roosevelt said, “It isn’t enough to talk about peace. One must believe in it. And it isn’t enough to believe in it. One must work at it.” When we hear the word peace, it usually spurs thoughts of relaxation, but peace cannot be experienced without intentionality.

Discussion Questions

1. Describe peace. Give everyone in your group a quick snapshot of your version of peace. If you were to experience consistent peace, what would it look like?
2. Read John 14:27. Why would Jesus describe peace as a gift the world cannot give? In what ways do we seek peace from the world? What’s the difference between the peace found in Jesus versus the pseudo-peace found in the world?
3. Building margin creates the opportunity for us to accept the gift of peace. What is margin, and what are some of the different

forms of it we can create in our lives? Here are four benefits of margin: time to reflect, energy is restored, space to deal with the unexpected, and hearing God’s voice. Which of these benefits do you need most and why?

Besides yourself, who will be blessed when you learn to accept the gift of peace? How so?

Action Step

Where will you create margin this week so you can experience the gift of peace?

My action step is _____.

I will encourage and pray for _____ to follow through, and their action step is _____.

My memory verse is _____.

This coming week, I’m praying for _____.

Outreach: Groups in Action

Pack-A-Box (for Teachers): Emmanuel is supporting our teachers in the community by providing them with much-needed supplies for the upcoming school year. Pick up a box in the lobby and fill it with the supplies on the list. Make this a fun group project by shopping for the items and packing the boxes together.

Colombia trip support: Emmanuel is sending a team to our sister church, Exodo Church, in Cartagena, Colombia. Choose to support them in two ways: 1) Send notes of encouragement to their staff. Drop your letters of support off in the Impact bins by June 19 at your campus. 2) Pray. There are 25 people from Emmanuel traveling and serving alongside Exodo Church. They could use prayer for safety and direction as they assist the members of Exodo Church in community service projects.