

Would you like to join a Small Group at Fellowship Bible Church?

Most existing groups are open to new group members, and new groups begin on a regular basis. If you have friends in a small group, ask about joining their group. If you are new to Fellowship and are looking for a place to connect, please feel free to contact us and we can help you find the right group.

Leader Tips:

1. The sermon notes are designed to be used as a guide for discussion. Don't feel like you have to use every question. Some questions will take a while to work through, others will be over in a few seconds!
2. Don't teach the lesson. The sermon was taught on Sunday morning. Just ask questions and let everyone else talk.
3. Let other people ask questions. It's OK to go "off topic" for a while. Sometimes those conversations are more interesting anyway!
4. Have fun. Relationships, not curriculum, are the heartbeat of Small Groups. So have fun with the people in your group.

Agenda for a Small Group Meeting

Gathering Time

Take 15-20 minutes to welcome everyone, catch up, and share some food!

Discussion Time

Here's a suggested format:

1. **Ice Breaker** – Lighthearted ice-breaker question (15-20 min.)
2. **Discussion** - Discussion time, Bible study, application challenge (30-40 min.)
3. **Prayer** – Prayer requests and praying for one another (15-30 min.)
4. **Planning** – Keep the vision before the group, HEALTH planning, etc. (10 minutes)

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What's Going On?
God @ Rolling Stone
 Phillip Wright
 January 31, 2010

Break the Ice!

Question: In order to go to sleep, I like to do the following:

- Read
- Count sheep
- Watch TV
- Stare at the ceiling
- Other: _____

Talk it over!

Shalom: God's Blessing on the "all" of us.

1. What's goin' on in my relationship with God?

But the wicked are like the tossing sea, which cannot rest, whose waves cast up mire and mud. ²¹ "There is no peace," says my God, "for the wicked."
 –Isaiah 57:20-21

Question: How are the "wicked" described in the above passage? What does the metaphor mean?

Question: What distracts you the most from your relationship with God?

- My friends
- My job
- TV
- I distract myself.
- Other: _____

2. What's goin' on in me?

Rejoice in the Lord always. I will say it again: Rejoice! ⁵Let your gentleness be evident to all. The Lord is near. ⁶Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God. ⁷And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.
 –Philippians 4:4-7

Anxiety Producers

Activity	Work	Information
Change	Debt	Accessibility
Choices	Pace of life	

Question: Which of these Anxiety Producers are getting to you?

3. What's goin' on in my world?

Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid.
—John 14:27

"But a time is coming, and has come, when you will be scattered, each to his own home. You will leave me all alone. Yet I am not alone, for my Father is with me.

³³"I have told you these things, so that in me you may have peace. In this world you will have trouble. But take heart! I have overcome the world."
—John 16:32-33

According to these verses, where does peace come from?

4. What's goin' on in my relationships?

If it is possible, as far as it depends on you, live at peace with everyone.
—Romans 12:18

The wolf will live with the lamb, the leopard will lie down with the goat, the calf and the lion and the yearling together; and a little child will lead them.

⁷ The cow will feed with the bear, their young will lie down together, and the lion will eat straw like the ox.

⁸ The infant will play near the hole of the cobra, and the young child put his hand into the viper's nest.

⁹ They will neither harm nor destroy on all my holy mountain, for the earth will be full of the knowledge of the LORD as the waters cover the sea.
—Isaiah 11:6-9

I plead with Euodia and I plead with Syntyche to agree with each other in the Lord. ³Yes, and I ask you, loyal yokefellow, help these women who have contended at my side in the cause of the gospel, along with Clement and the rest of my fellow workers, whose names are in the book of life.
—Philippians 4:2-3

Question: How do you tend to handle conflict in your life?

- Run from it
- Cause it!
- Deal with it
- Ignore it until it goes away
- Other: _____

Here is the deal:

1. I hate bumper stickers but, here goes:
No Jesus, No Peace. Know Jesus, Know Peace

Question: How does knowing Jesus bring you peace? Do you know anyone in your life that you could tell about Jesus?

- _____
- -
 -
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 - Other: _____

2. It's all in your head

Finally, brothers, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things.
—Philippians 4:8

Question: What does this verse have to say about the TV shows that you are watching? The books you are reading? The websites you visit?

3. Worry is our cue to pray.

Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God.
—Philippians 4:6

Question: On a scale of 1 ("I'm going nuts!") to 10 ("I could lead a stress management seminar"), what is your anxiety level right now? Why?

4. Put peace into practice.

Whatever you have learned or received or heard from me, or seen in me—put it into practice. And the God of peace will be with you.
—Philippians 4:9

Question: How can you bring more peace into your life?

Work It Out!

One thing I'll do differently because of this sermon:
