



**The Guard of Peace
Pastor Dave Patterson 03.22.2026**

USING THIS SERMON DISCUSSION GUIDE

We have provided all the Scriptures references in the sermon and some discussion questions for you to use to discuss the weekend message.

This Sermon Discussion Guide is only a tool to aid you in meeting the needs of your group. For most groups, there are too many questions to answer in one session. Give priority to the needs and pace of your group members.

While the questions are important, remember your group's goal is to create an atmosphere that will foster true friendships. Use the discussion questions as you see fit but emphasize the relationships.

[Philippians 4:7]

And the peace of God, which exceeds anything we can understand, will guard your hearts and your minds as you live in Christ Jesus.

[Numbers 6:24-26]

The LORD bless you and keep you; The LORD make His face shine upon you, And be gracious to you; The LORD lift up His countenance upon you and give you peace. (Shalom)

Shalom Defined:

To be in right relationship with God and with people; inner wholeness, safety, prosperity and restoration of what is broken; the inner calm of the soul.

[John 14:27]

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

[Philippians 4:1]

Therefore, my dear brothers and sisters, stay true to the Lord. I love you and long to see you, dear friends, for you are my joy and the crown I receive for my work.

[Philippians 4:2-3]

Now I plead with Euodia and Syntyche. Please, because you belong to the Lord, settle your disagreement. And I ask you, my true partner, to help these two women, for they worked hard with me in telling others the Good News. They worked along with Clement and the rest of my co-workers, whose names are written in the Book of Life.

[John 13:35]

By this everyone will know that you are my disciples, if you love one another.

How to live with “shalom”

1. Resolve disagreements quickly and attempt to live at peace with everyone

[Matthew 5:23-24]

Therefore, if you are offering your gift (worship) at the altar and there remember that your brother or sister has something against you, leave your gift there in front of the altar. First go and be reconciled to them; then come and offer your gift.

[Romans 12:18]

If it is possible, as far as it depends on you, live at peace with everyone.

[Philippians 4:5] (amp)

Let your gentle spirit your graciousness, unselfishness, mercy, tolerance, and patience be known to all people. The Lord is near.

[Philippians 4:6-7] (amp)

Do not be anxious or worried about anything, but in everything, every circumstance and situation, by prayer and petition with thanksgiving, continue to make your requests known to God. Then you will experience God’s peace, which exceeds anything we can understand.

How to live with “shalom”

2. Don’t worry about anything, but pray about everything

[Philippians 4:7]

Then you will experience God’s peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus.

Guard = **phroureō** = to protect with a military guard and to prevent hostile invasions. To keep the inhabitants from being besieged.

How to live with “shalom”

3. Take control of your focus and thought life

[Philippians 4:8]

And now, dear brothers and sisters, one final thing. Fix your thoughts on what is true, and honorable, and right, and pure, and lovely, and admirable. if anything is excellent or worthy of praise think about such things.

How to live with “shalom”

4. Practice what you preach

[John 13:17]

Now that you know these things, you will be blessed if you do them.

[Philippians 4:9]

Keep putting into practice all you learned and received from me—everything you heard from me and saw me doing. Then the God of peace will be with you.

How to live with “shalom”

5. Stay close to the Prince of Peace

[Isaiah 9:6]

And His name shall be called, the Prince of Peace (shalom)

Key Points:

- 1. Resolve disagreements quickly and attempt to live at peace with everyone**
- 2. Don't worry about anything, but pray about everything**
- 3. Take control of your focus and thought life**
- 4. Practice what you preach**
- 5. Stay close to the Prince of Peace**

Applications for the Week:

How would you describe your current proximity to Jesus? What daily habit, whether it be prayer, Scripture reading, or simple obedience could you cultivate to stay closer to the Prince of Peace this week?

Discussion Questions:

- 1.** According to Philippians 4:6, what are believers instructed to do instead of being anxious?
- 2.** How is God's peace described in Philippians 4:7, and what does it do for the believer?
- 3.** Why do you think Paul emphasizes thanksgiving as part of bringing requests to God? How does gratitude change the way we perceive our circumstances?
- 4.** In what ways does unresolved relational conflict hinder a person's ability to experience God's peace?
- 5.** How does focusing our thoughts on what is true, honorable, and praiseworthy help reshape our mental and emotional habits?
- 6.** Is there a relational conflict or unresolved disagreement in your life that is robbing you of peace? What is one step you can take this week toward reconciliation or forgiveness?

- 7.** What specific situation are you currently anxious about? How can you turn that worry into a focused, persistent prayer, and what would it look like to pray with thanksgiving even before you see an answer?
- 8.** In what area of your life have you been a “hearer” of God’s Word but not a “doer”? What would it look like to actively apply one truth from Scripture this week?