



Part 3: Suprarational Peace

Big Idea

True peace comes from living in the sphere of Jesus.

Key Scriptures

Philippians 4:4–9

Discussion Questions

- What's a moment in your life where you were completely at peace and then something small (or not so small) blew it up?
- If you had to name your top two or three "peace-stealers" right now, the things most likely to unravel your sense of calm on any given week, what would they be?
- When you catch yourself spiralling into "what-ifs," what usually kicks it off? And what do you typically do to try to pull yourself back?
- What was one thing from the message this week that stuck with you, surprised you, or made you think differently?

Read Philippians 4:4-9

- Chris used the image of a snow globe to explain what Paul means by "in" the Lord. You can be by the snow globe, on it — but Paul says we're to be in the sphere. What's the difference between being near Christ and being in Christ? How does that distinction shift the way you think about peace and joy?
- How close to Jesus do you feel? Do you feel surrounded by Him all the time? Sometimes? Never?

- What changes your feeling of nearness to God?
- Paul says true joy is relational, not situational — which is why it can be chosen even from prison. Can you think of someone you've seen carry genuine peace in a really hard season of life? What do you think made that possible for them?
- Paul breaks down how we bring things to God into three movements: orienting toward him (prayer), being honest about what you actually need (petition), and trusting him no matter what (thanksgiving). Which of those three comes most naturally to you? Which one is hardest, and why?
- CS Lewis said, "We must lay before him what is in us; not what ought to be in us." What do you think gets in the way of people being that honest with God — especially about the things they're most anxious about?
- Paul says the peace of God will "guard" your heart and mind — the original word is a military term, like soldiers posted at a door. Have you ever experienced a peace that didn't make sense given what you were going through? What was that like, and what do you think produced it?
- Chris said "replacement is more effective than resistance" — you can't stop thinking about the purple elephant just by trying not to think about it. Is there something you tend to dwell on that drains your peace? What might it look like to deliberately replace it with something from Paul's list: whatever is true, noble, right, pure, lovely, admirable?
- Chris mentioned two simple habits for staying in the sphere: reading the words of Jesus daily and listening to music that points you toward good things. What rhythms or practices — simple or otherwise — help you stay connected to what's true and good? If you don't have any, what's one you'd be willing to try this week?
- Paul isn't promising a life without ruined passports. He's promising a sphere that doesn't break. What would it look like for your everyday life to feel more like "this is living" — not because everything goes right, but because of the sphere you're operating from?

Challenge Question (For Takeaway):

This week, try the Relationship + Requesting + Trusting rhythm once a day. Pick one specific thing that's stealing your peace right now. Each morning, bring it to God in three steps:

Relationship — Pause and orient yourself toward God. Even 60 seconds of stillness.

Requesting — Present the specific thing honestly. Say what's actually in you, not what you think should be.

Trusting — Close with one thing you're grateful for, and release the outcome to him.

Do it for seven days and notice whether anything shifts.