



CORNERSTONE REFLECTION GUIDE

NOVEMBER 10, 2024

Title: A Peace of Me: Inner Peace

Preacher: Rev. Matt Tuggle

Scripture: Philippians 4:4-7; Matthew 14:22-33

Jesus tells us that in this life, we will have trouble (John 16:33). It is not a matter of *if*, but *when*. Yet, we can still experience inner peace as the storms around us do not have to become the storms within us.

In Matthew 14, we see Peter's incredible act of faith as he walks on water toward Jesus in the midst of a literal storm. However, when Peter's focus shifts to the storm around him, he is overcome with fear and begins to sink before being saved by Jesus, who brought peace to the storm by his very presence.

Peace is not the absence of trouble; it is the presence of God in our lives. The key to being people who cultivate peace in our lives is not about avoiding the storm, it's knowing how to navigate the storm.

DISCUSSION QUESTIONS

1. What stuck out to you about this sermon? Was there an idea that was particularly meaningful or challenging for you?
2. Read Matthew 14:22-33 together. What can we learn from the example of Peter in terms of how we are to navigate the storms in our lives?
3. Think about a time when you had to walk through a difficult situation. How did you experience God's presence and help during this time? How did that affect your faith?

4. There is power in identifying and naming the storms in our lives. What is the storm around you that is causing anxiety in this current season? How can we support one another in navigating our respective storms?
5. In what ways can we prepare ourselves spiritually for life's inevitable challenges and difficulties?

WEEKLY PRACTICE

Throughout the month of November, we are learning how to cultivate lives in which we can experience peace within and around us through the practice of silence. We often think to experience peace, we need to eliminate things: conflict, worry, hurry, stress. However, we cannot simply avoid the inevitable storms of life. What if instead, through the practice of silence, done for a while, we could cultivate peace in the middle of our current circumstances?

Philippians 4:4-7 reminds us to not be anxious about anything but to pray and make our requests known to God. This week, schedule daily time to be still and quiet. Although it sounds simple enough, you may find this to be quite challenging. Center yourself by reading Philippians 4:4-7 aloud before you begin. Start small by setting a timer for five minutes and gradually increase the duration as you become more comfortable with the practice. In that quiet space, allow your thoughts to come to rest and imagine God with you in the moment. Make your requests known to Him.