



Study Guide - Week 1

Ice Breaker 🧊

Random Question: If you could combine any two animals to create the ultimate animal, which two would you choose and why?

Holiday Question: What did you do for Thanksgiving this year?

Sermon Recap 🎬

Are you craving something this Christmas that can't be wrapped and placed under the tree? In this timely message, Johnny explores our deepest longing — perfect peace. Through Isaiah's powerful concept of "Shalom Shalom," he reveals how true peace isn't found in problem-free living, but in God's presence. Drawing from his personal zip-lining experience, Johnny illustrates how leaning completely on God — like trusting a harness — leads to unshakeable peace. Whether you're facing family tensions, financial stress, or uncertain futures, discover how redirecting your mind toward God's truth can transform anxiety into perfect peace. Don't miss this hope-filled message that could change your entire holiday season.

Discussion Questions

▼ Johnny discusses how our desires change as we get older, shifting from material things to intangible wishes.

- Why do you think the older we get, the more we long for things like peace, rest, connection, or healing instead of gifts or experiences?
- In what ways does the holiday season expose the gap between what we *want* and what we actually *need*?

Read Scripture

Isaiah 26:1-4 NIV

¹ In that day this song will be sung in the land of Judah:

We have a strong city;
God makes salvation
its walls and ramparts.

² Open the gates
that the righteous nation may enter,
the nation that keeps faith.

³ You will keep in perfect peace
those whose minds are steadfast,
because they trust in you.

⁴ Trust in the Lord forever,
for the Lord, the Lord himself, is the Rock eternal.

Discussion Questions

▼ Isaiah 26:3 talks about perfect peace (Shalom Shalom) coming to those whose minds are steadfast.

- What are the everyday distractions, anxieties, or pressures that make it hardest for you to keep your mind fixed on God?
- How does fixing our thoughts on God — rather than our circumstances — practically lead to peace?
- What rhythms or habits help you re-center your mind on God when life feels chaotic or overwhelming?

Read Scripture

John 16:33 NIV

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.”

Discussion Questions

▼ Johnny stated that peace isn't found in the absence of problems but in the presence of God. How does this perspective challenge our common understanding of peace?

- How does shifting our focus from “fixing problems” to “seeking God’s presence” change the way we navigate stress or uncertainty?
- What practices help you become more aware of God’s presence in the middle of difficulty rather than waiting for life to calm down?
- Where in your life right now do you need to seek God’s presence more than you need a problem to be solved?

Read Scripture

Philippians 4:7-9 NIV

⁷ And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

⁸ Finally, brothers and sisters, 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. ⁹ 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.

Discussion Questions

▼ Looking at Philippians 4:7-8, how does intentionally choosing what we think about shape the emotional and spiritual atmosphere of our hearts?

- How might your sense of peace change if your thought life aligned more closely with the values Paul lists here?

Final Thought

Whatever is true, noble, right, pure, lovely, admirable, excellent, and praiseworthy, Paul calls us to think about these things. **What is your mind fixed on?** Is it on these things, or the things of this world? **What are you leaning on that cannot hold you?** And how can you give that over to God, and experience **perfect peace**?

Prayer

- Ask for any prayer requests from the group.
- Invite God to help us find peace in the midst of life's challenges, as discussed in the sermon.
- Pray for the strength to lean fully on God and not on temporary or unstable supports in our lives.
- Seek guidance in keeping our minds steadfast and trusting in the Lord to experience perfect peace.

Rewatch the Sermon

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