



Rock Point Church
Bill Bush | 4.27.25

Rhythm: A strong, regular, repeated pattern of movement or sound.

BIG IDEA | Peace isn't a place, it's a person.

Philippians 4:6-9 (NLT)

⁶ Don't worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done. 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.

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. Think about things that are excellent and worthy of praise. 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 pursue peace...

- Ask God for help.

Prayer turns our worry into worship and our fear into faith.

How to pursue peace...

- Ask God for help.

Prayer turns our worry into worship and our fear into faith.

- Adjust what I focus on.

"You are not what you think you are, but what you think, you are." - David Jeremiah

"What we think about determines what we become. Fill your mind with what is good and your life will reflect it." - Billy Graham

"What comes into our minds when we think about God is the most important thing about us." - A.W. Tozer, *The Knowledge of the Holy*

"What fills, spills." - Bill Bush

Peace is found, where obedience walks.

- Rhythm is relational, not mechanical.
- Staying in rhythm means staying in relationship.

I can't have peace where I am, until I have peace with who I am.

GROUPS QUESTIONS:

1. What stood out to you about this week's sermon?
2. How has digital overload - constant news, social media, or device use - affected your emotional or spiritual well-being? What boundaries might help you protect your peace?
3. What's one area of your life where you feel like you're constantly trying to "level up" to escape discomfort, and how might looking up to Jesus shift your perspective?
4. When have you felt stuck between anxiety urging you to act and depression urging you to give up? What helped you find peace in that tension?
5. How do you personally experience the "anxiety/depression/discontentment loop," and what role does peace - as the presence of Jesus - play in interrupting that cycle?
6. Read Philippians 4:6-9. In what ways have your "what ifs" shaped your thoughts or decisions recently, and how might God be inviting you to bring those what ifs to the "what is"?
7. What's one truth about God (the "what is") that you need to refocus on this week to silence the noise of "what if"?
8. Reflecting on the story of Shadrach, Meshach, and Abednego in Daniel 3:15-25, how does the idea that "there's another in the fire" speak to your own experiences with anxiety or fear?

9. How has your identity - whether inherited, expected, or distorted by fear - influenced your mental health, and how does anchoring in Christ's identity bring clarity and calm?