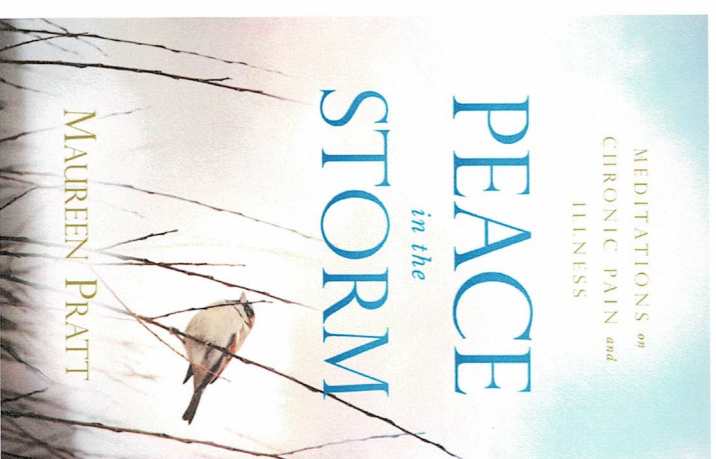


The Peace in the Storm Project

Discussion Guide for Groups

Seven-Session Version

2024



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THE PEACE IN THE STORM PROJECT: DISCUSSION GUIDE
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Session One: Through the Prism of Faith

Welcome/Invitation to Quiet: The Group Leader welcomes everyone, reminds all of the reason for gathering. Self-introductions. Moment of silence before beginning.

Prayer: Lord, we are so grateful that you have gathered us here, to learn, listen, and strengthen in faith and fellowship. We pray that we may be open to your Word and the needs of all who are here with us, and we ask that you keep us focused on what you would like us to understand. Please give us hearts to respond lovingly. We pray in the name of Jesus Christ, your Son, who lives and reigns with you and the Holy Spirit, one God for ever and ever. Amen.

Suggested Song: Be Thou My Vision (Translator Mary E. Byrne)

Introduction of Theme: A serious health condition often has many very human 'moving parts.' The pieces of a diagnosis, the medical tests, the treatments. Members of our medical teams and our families each play important roles. Our bodies might respond differently on different days to our illness, throwing us and our best-made plans to pray off balance. It's no wonder that we barely have time or energy to focus on our relationship with God!

Today's reading from Peace in the Storm... invites us to see ourselves through the prism of faith, as beloved children of God who, through our baptism, are members of a diverse and wonderful faith family—a universal Church. Acceptance of illness or pain, trust in God, what our baptism means to us today, and looking at ourselves in a new and faith-filled light are some of the things we might want to touch on together. But first, let's hear the reading.

Reading from Book: Why Me? (pg 1 scripture verses and meditation)

Reactions to the Reading: Initial thoughts, questions, resonance with what's going on in participants' lives.

Session One — continued

Questions for Reflection/Discussion

- Am I spending a lot of time searching for my own answer to, "Why Me?" How much time do I spend listening for God's reply?
- Is it hard for me to accept my illness? How does denial impact my prayer life with God?
- Baptism means I am forever enveloped in God's embrace and the vast family of faith. How do I participate with my faith family? Do I want to do more?
- Where have I seen God moving or working through my illness? Am I reluctant to tell others about this? If so, why?
- Where are the opportunities for me to be a witness to God's love in and through my illness?

After Discussion: Ask for participants to share prayer requests with the Group (if a participant is not comfortable with naming a specific request, pray for 'an intention.'). Observe silence for to reflect on these requests.

Closing Prayer: Pg. 3 of *Peace in the Storm*....

Other Suggested Readings from *Peace in the Storm*...:

- "Accepting Your Diagnosis," pg.4
- "When the 'You' You Knew Seems to Disappear," pg. 11
- "Keeping God Central," pg. 70
- "The Promise of Lazarus," pg. 236
- "God's Love for Us" pg. 308