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- I. Experiencing God's peace in relationships (2-3)
    - A. Be unified with one another
    - B. Agree in the Lord
  - II. Experiencing God's peace in your life (4-7)
    - A. Take joy in the Lord
    - B. Take comfort in the Lord
  - III. Experiencing God's peace through your actions (8-9)
    - A. Put it in your mind
    - B. Put it into practice

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**Questions for personal reflection or group discussion:**

What are things that can prevent us from presenting our requests to God?

Why does anxiety tend to breed prayer paralysis?

What is the relationship between thanksgiving and faith?

If you were counseling a joyless Christian, what would be your advice?