

SERMON DISCUSSION QUESTIONS

"Rest in Peace"

Pastor David Stoker

THE WEEK OF SUNDAY, August 17, 2008

Scripture: John 20:19-21

Questions:

1) Have you experienced one of the factors that Duke University's study of "peace of mind" states robs us of emotional stability and peace?

- a) Grudge over what somebody did to you.
- b) Guilt over what you did to somebody else.
- c) Depression over a raw deal that happened to you.
- d) Worry because you can't be in control.

2) Describe a time when you experienced Jesus' peace in the midst of a struggle or conflict, remembering that Christ's peace does not drive all the difficult things from our lives.

3) Remembering that God calls us to let go of the mistakes from the past, comment on the statement, *"Forgiving yourself means letting go of what you are holding against yourself, so that you can move on with God. If God has moved on, shouldn't we do the same?"* Why do we find this difficult?

4) Discuss the Joseph Cardinal Bernardin quote:

"I spent only one night in the intensive care unit. Then they brought me back to my own room, where I experienced the discomforts one normally encounters after going thru extensive surgery. I wanted to pray, but the physical discomfort was overwhelming. I remember saying to friends who visited me, "Pray while you're well, because if you wait until you're sick you might not be able to do it." They looked at me astonished. I said, "I'm in so much discomfort that I can't focus on prayer. My faith is still present. There is nothing wrong with my faith, but in terms of prayer, I'm just too preoccupied with the pain. Remember that you must pray when you are well! We must develop a strong prayer life in our best moments so that we can be sustained in our weaker moments."

5) Share how this sermon affected you personally.