



(Gather with some friends, family, or your Group and use the following questions, along with the message notes, to connect, learn, and take your next step.)

DISCUSSION QUESTIONS

This week, Ben shared that we need to turn down the noise to increase God’s peace. When was the last time you experienced “internal noise” rising up within you?

**We all have shadow sides to our strengths.
Can you identify yours?
What is it like to be on the receiving end of you?**

**What are the stories you tell yourself about who you are?
What is the source of these stories?**

**Read Matthew 16:24-25.
What is God currently doing in you?**

Read Galatians 2:20 and Romans 8:1-2. Where is he inviting you to turn down the noise as you trust who he is and what he says is true about you?