

LET'S TALK ABOUT STRESS

Pastor Chris Shepperd

BIBLE VERSES

Mark 4:35-41

Hebrews 12:2

Philippians 4:6-7

DISCUSSION QUESTIONS

1. How do you usually handle your stress? What situations are commonly stressful for you?
2. Pastor Chris talked about the direct connection between control and stress. When control decreases, stress increases. How do you try to control stressful situations?
3. God intentionally and consistently leads us into situations that we can't control. What is your reaction to this? Does each difficult season feel like the first time or are you able to remember what God has done in the past?
4. What would change in your life if you could view stressful situations as an opportunity to trust God, seeing that He is in control and you are not?
5. Read Hebrews 12:2. Jesus is with us through the storm, but that doesn't mean we don't have to go through the storm. How does your perspective change recognizing that you're not alone in stressful situations; that you can fix your eyes on Jesus?
6. Read Philippians 4:6-7. What is the role of prayer in stressful situations? How do you pray in stressful situations?
7. When life is out of control, we have two options: fear or faith. How can you practice responding to these situations with faith this week? How can this group help you do this?