



DE-STRESSING YOUR DISTRESS

PART 1: WHO'S YOUR AUDIENCE

INTRODUCTION

As humans, our hardwiring forces us to find stressors around us, but instead of learning how to guide our stress, our lives are being consumed with what fire to put out next. We think there is a better way. During this series you will learn tools that only God can offer to stop letting stress control your every move.

KEY SCRIPTURE

Matthew 6:1-4

John 2:24-25

Luke 6:26

DISCUSSION QUESTIONS

1. Have you ever known someone who was a hypocrite? How do you feel about hypocrites? Have you ever been the hypocrite?
2. Has somebody ever acted nice towards you in order to gain something from you? How did that make you feel?
3. Pastor Will taught that our lives work best when our face to the world matches our heart before God—when the outside of us matches the inside of us. Describe a time when your actions and your heart haven't been in sync.
4. What percentage of your life do you spend working for the approval of other people?
5. Read Matthew 6:2. What are some of the "trumpets" of self-promotion that motivate you to do good or to be generous?
6. Jesus loved all people, but he did not entrust himself to them. He never allowed people to define his worth, purpose, or destiny. In what ways have you allowed people to define your worth, purpose, or destiny? What would be different if you allowed only God to define your worth, purpose, and destiny?

Application Prayer: Lord, forgive me for the times I gave with wrong motives. I'm done with that stress. I commit to give out of compassion for others and love for you. I receive your grace now!