



You Asked For It Pt. 4
Finding Peace in Stressful Times

LifeGroup Discussion Guide
for the week of 4/28/2018

CONNECTION

- [1] What are the things you stress out about the most? Is your stress caused by a storm or is it more of a long term issue?

OBSERVATION & INTERPRETATION

- [2] Do you believe we are living in a world that is experiencing more stress? If you agree, what are you seeing as the sources of this increasing stress?
- [3] As you observe people in your school, workplace and family, what are the typical ways you see people trying to cope with the stress in their lives?
- [4] Pastor Rich presented some slides from the Mayo Clinic that shows how stress can have a negative effect on our body, mood, and behavior. What kinds of symptoms do you have when you are under stress? How do these symptoms impact your life?



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APPLICATION

- [5] What is the difference between a stress management program and Pastor Rich's stress buster plan? What difference does knowing Jesus is with us in our storms make to coping with stressful situations?
- [6] If Jesus is our peace, and peace is a gift (John 14:27, NKJV), what heart issues might be a hindrance to having the peace of Jesus? If you have experienced this how did it affect you?
- [7] What two principles does Isaiah 26:3 (NKJV) give us for unblocking the Flow of peace Jesus has given us?
- [8] Is there a connection between thankfulness and having the peace of Christ in our hearts (see Colossians 3:15 NIV/AMP)? How can thankfulness impact your stress?

REFLECTION

Jesus spoke to the woman with physical problems: "Go into peace and be healed of your affliction" (Mark 5:25-34, literal) which is often quite different from the way we think, "if I am healed, I will have peace". How does this new perspective impact a stressful situation you are currently going through? How can it change your approach to Jesus in asking for help?



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