

Questions People Ask

Week 3 – January 21/22, 2017

How we deal with Stress & Anxiety

Main Point: Turn and Redirect - a Starting point to defeating stress and anxiety is Jesus Christ.

1. If someone were to describe you, would they say you were a stressed out or an anxious personality type? How do you perceive yourself?
2. We all feel stressed and anxious at times. Which situations in life most often leave you feeling stressed and anxious?
3. Read 1 John 4:4. Underline this passage. If you were to read this verse several times throughout your day would it bring you peace? Why?
4. Gideon. While he was hiding and no doubt dealing with stress and anxiety – what did God call him? Read Judges 6:12. This was not Gideon's current truth, but it was truth. It was how God saw him.
5. Imagine Gideon's thoughts after hearing from the angel. Do you think it changed how he was feeling?
6. Here are two questions to ask when dealing with stress and anxiety.
 - What is under my control/influence?
 - What is beyond my control/influence?
7. Pastor Ken shared six possible stress reducers. Share briefly with your group if you can relate to any of these.
 - a. Pace and Margin –John 15:5
 - b. Advance decision making - Proverbs 24:27
 - c. Finances –Matthew 6:24-25
 - d. Exercise –1 Corinthians 6:19
 - e. Connecting with others - Mark 4:18-19
 - f. Serving another – Matthew 20:28
8. TURN AND REDIRECT – Read Romans 12:2. What is this verse saying to you? How will it help you defeat the stress and anxiety in your life?
9. Read Philippians 4:6-7. What is this verse telling us to do?
10. Read Proverbs 3:5-6. Trust. Are you trusting God with everything?

This week's challenge...

Use stress and anxiety as a catalyst to pray. Try doing the following for one week – record your prayers on paper and see the difference it makes in your life.

- Thank God for ALL He has done
- Tell God what your situation is
- Pray for someone else
- Serve someone

Further reading:

John 14:1

Judges 6 (The story of Gideon)