



How do You Respond to Stress?

Give it all to God

Do it all myself

Question God/pull away

Get angry with God/blame Him

What will God do, and what should I do?

God is In Control, but You Have a Role

God is sovereign, but don't let that be an excuse for your apathy.

We need to have the courage to trust God's goodness, and move forward.

Deuteronomy 1:19-40

Next Steps

Talk to someone about your worries and your stress.

If you're a worker, pray. If you're a pray-er, work.

SMALL GROUP Discussion Questions

Appetizer

1. Review Sunday's message. What stood out to you? What challenged you? Are there any lingering questions?
2. Do you have an easy time believing that God is in control? Why, or why not?
3. Where do you think the line is between God being in control, and you having a role?

Entree

1. Read Deuteronomy 1:19-40
2. What do you think held the Israelites back from following God?
3. What reason does God give the Israelites for obeying Him and playing out their role?

Dessert

Break into groups of 3-4 and discuss the following questions with each other.

1. Do you lean towards praying or towards working? Why?
2. Think about something that stresses you, or something that you worry about. Bring it up to the group, and discuss with them how you can pray about it more deeply AND what specific steps you can take to address the problem.

