

# Living Above Stress

## LIFE GROUP QUESTIONS



**Key Verse:** Philippians 4:6-7 - Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. <sup>7</sup>and the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

1. In the statistics shared at the start of the message, would you say you're in the 33% of people who are experiencing extreme stress? What about the ~75% whose physical or mental health is being impacted? What are your largest sources of stress currently?

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2. Are you carrying tomorrow's load with today's strength? What are some things that worry you? Do you think those worries could be replaced with planning or praying?

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3. If a relationship's communication is being neglected, it's considered dysfunctional. How functional is your prayer time (*proseuche*) with God? Which area of prayer needs the most improvement in your life: petitioning (*deesis*), giving thanks (*eucharistia*), or requesting with authority (*aitima*)?

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4. In the list of "ingredients" for living above stress, which does God want you to focus on right now? Worry about nothing, pray about everything, petition Him, give thanks, or make requests? What are you going to change to help you grow in that area?

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