

# SMALL GROUPS

## Leader Conversation Guide – How to Deal with Stress

### Main Idea

This week, Pastor Mack shared a message on how to deal with stress by following God's wisdom. While stress is inevitable, God offers us strength, order, peace, and purpose. The goal isn't a stress-free life, but a Spirit-led one—where we grow in capacity, rest, and clarity by following God's rhythm and priorities.

### Make It Practical

- **Capacity Can Increase** Stress isn't always a sign of weakness—it can be an opportunity to grow. God doesn't promise to remove pressure, but to increase our ability to carry it.
- **God's Strategy for a Lighter Load**
  - **Rest and Recovery:** The Sabbath isn't a suggestion; it's a rhythm of renewal. Rest is spiritual.
  - **Identity Over Comparison:** Knowing who you are in Christ frees you from people-pleasing and pressure.
  - **Clarify Your Calling:** When you know what you're called to do, it simplifies your focus.
  - **Community Matters:** You weren't built to carry life alone. We need godly people in our corner.
  - **Put God First:** Peace is a Person, and His name is Jesus. Order flows from surrender.
- **Peace Is Found in Prioritizing God's Way** When God is first, everything else falls into place. When He isn't, everything feels out of place.

## **Talk About It**

1. What resonated with you most from this message?
2. Of the five areas Pastor Mack mentioned (rest, identity, purpose, community, putting God first), which one are you strong in right now?
3. Which one are you struggling in the most?
4. What does a Sabbath or day of rest look like for you right now? What needs to change?
5. How has community helped you in a season of stress?
6. What's one area where comparison has stolen your peace or joy?
7. What is one simple way you can prioritize God this week?

## **Prayer**

God, thank You that You don't just call us to manage stress—You invite us into a new rhythm. Help us rest, recover, and walk in the peace Jesus died to give us. Speak to us about what we need to lay down and what we need to pick up. Let our lives be led by Your Spirit, not by stress. In Jesus' name, amen.

## **Leader Tips**

- Encourage vulnerability—stress is a common thread, and honesty brings healing.
- Remind your group that rest isn't laziness; it's obedience.
- Help group members identify one tangible next step to reduce stress and increase peace.
- Invite group members to reflect on areas where they've been overcommitted or misaligned.
- Emphasize small, consistent changes over perfection—God honors progress.