

STRESSED

Discussion Guide

- **Raise your hand if you have stress. Name some silly things that stress you out. (People biting finger nails, someone eating chips, etc.)**
- **Now what is one real thing that stresses you out?**
- **How do you think God feels about us living in stress?**
- **Is that stress something that you should be holding on to?**
- **How would these steps change things for you?**
 - 1. Identify the stressor.**
 - 2. Realize you are not in control.**
 - 3. Soak your mind in gratitude.**
- **Has worry and stress ever helped you?**
- **Are you too stressed to be blessed or too blessed to be stressed?**
- **Name 5 things that you are grateful for.**