

Message: Stressed: Need > Want | Toby Slough | Aug 16, 2020

ICE BREAKER QUESTION

1. How do you handle stress in your life? What are some positive and negative things about your choices to handle stress?

DISCUSSION QUESTIONS

1. How do you handle stress in your life? What are some positive and negative things about your choices to handle stress?
2. Think back to a time in your life when you asked God for something-it could be something big or something small. Did He give you what you wanted or what you needed? Explain.
3. In your own words, explain what self-care without soul-care means? Share a time in your life when you experienced self-care with and without soul-care. How did they differ? What was your take away from those experiences?
4. How has God used your gifts, passions, and story to find unforced rhythms of grace in your life?
5. How do you use your gifts, passions, and story to serve others?

VERSE QUESTION: MATTHEW 11:28-30 MSG

“Are you tired? Worn out? Burned out on religion? Come to me. Get away with me and you’ll recover your life. I’ll show you how to take a real rest. Walk with me and work with me—watch how I do it. Learn the unforced rhythms of grace. I won’t lay anything heavy or ill-fitting on you. Keep company with me and you’ll learn to live freely and lightly.”

1. Share with the group the set of words or sentence(s) that are speaking life to you in this season. Explain.