

WEEKLY DISCUSSION GUIDE

Message: Stressed: Receive > Relieve | Toby Slough | August 9, 2020

ICE BREAKER QUESTIONS

1. If you could spend 5 minutes in Break Room type situation, what would you break and why?
2. What sound stresses you out more...nails on a chalkboard, someone crunching food too loudly, or the sound of chomping ice?

DISCUSSION QUESTIONS

1. Toby talked about self-care and soul care being two different things. What are some soul care things you have tried that have been successful at helping you relieve stress?
2. We can tend to believe the lie that when things are going well, God must be near. We also believe the converse-if things are going badly, He must not be present. What are the ways you avoid the trap of this line of thinking?
3. In these times of high stress, how much peace could you receive if you really believed the Lord is near? How would your days look if you lived in that truth that God is in the middle of everything?
4. God is giving us opportunities to serve and glorify Him every day. What is one way you have seen God glorified by someone else in this season of stress?
5. What perspective shift can you make to receive something from God in the middle of your stress?
6. In Acts 16:25, we read that while in prison, after being beat, hungry, tired, and hurting, Paul and Silas sang hymns to God. We also read that the other prisoners were listening to them. When we find ourselves in high times of stress, what do the people around us hear? Are we loudly singing hymns/having a praise party or do we sound like something altogether different? Explain.
7. Philippians 4:4 reminds us to rejoice in the Lord. Always. The always can be difficult from time to time. When we are on the mountain top or living in a palace-like Joseph, it's easier to rejoice. What are the ways we can shift our perspective so that we can rejoice always?
8. The noise of this world is awfully loud right now. So loud, it sometimes can drown out the voice of God in our lives. The transformation of our lives happens through the continual renewal of our minds. How do you renew your mind daily? What are some of the practices you use to receive peace from God when the world is loud?
9. Philippians 4:6 reminds us to take our request to God by prayer and petition WITH thanksgiving. Stress can blind us to things we can be thankful for. Recall some things-maybe two or three things that you are thankful for. If you are comfortable, share one of those examples with your group.
10. God is working all things for our good. All things. We may be in a pit or in prison-but He is ever-present with us. Think of a time when you felt like you were in a stressful situation and you weren't sure God was hearing your prayers or petitions, but in the end, you knew He was working all things for your good.

ACTION ITEM OUT OF MESSAGE

God is at work in all things even when we don't see it. This week, make a list of positive things that have come out of this season of stress.