

STRESS RELIEF

1. What is the most stressful thing in your life, right now?

"Cast all your cares on the Lord and he will sustain you." --Psalm 55:22

2. How successful are you at following the Bible's advice: "cast all your cares on the Lord"?
 - a. I can't let go of my need to control things
 - b. I lay awake at night worrying about my problems
 - c. When I pray more, I worry less
 - d. I pray like everything depended on God and then work like everything depended on me
 - e. I don't stress out; I just turn it all over to Jesus

3. What do you think Paul means when he says, "But we have this treasure in jars of clay"?

"We are afflicted in every way, but not crushed; perplexed, but not driven to despair; persecuted, but not forsaken; struck down, but not destroyed." --2 Corinthians 4:8-9

4. When have you felt afflicted, perplexed, persecuted or struck down?

5. How do you respond when you are under a lot of pressure?

"God's power is made perfect in our weakness." --2 Corinthians 12:9

6. Have you ever seen God's power at work, even when you felt weak and inadequate? When?

"You could load all the cargo you wanted onto the ship, but when the water level hit the Plimsoll line you couldn't put any more cargo on the ship."

