

Hope Chapel Series: "Overcoming the Darkside of Stress" part 1

Message Summary: Anytime we need to make life changes, we have to do more than simply desire change. If we want to get better at dealing with the stress in our lives, merely good intentions are not going to cut it. We need a plan. We need a new direction. We need some new behaviors and habits. Otherwise, we remain stuck. Today we begin to make some progress with our stress as we go to the Bible to get advice with a Biblical game plan. God's Word can help us overcome the dark side of stress.

Stress Free Biblical Game Plan

RECOGNIZE WHAT CREATES STRESS IN YOUR LIFE:

- Our circumstances
- Our thinking
- Our pace
- Our isolation
- Our relationships
- Our technology
- Our lack of purpose
- Our brokenness

1. Accept the positive side of stress - Romans 5:3-5

2. Change your thinking - Philippians 4:8-9

3. Make lifestyle changes - Proverbs 3:21-24

- A. The common sense of enough sleep.
- B. The common sense of exercise.
- C. The common sense of what you eat.
- D. The common sense with technology.
- E. The common sense of fun.

4. Prioritize your relationships - Mark 12:30-31

- A. Move out of isolation.
- B. Put yourself in relational environments.
- C. Put time into relationships.

5. Connect spiritually

- A. Develop the habit of prayer - Philippians 4:6-7
- B. Develop the habit of trust - Proverbs 3:5-6

LifeGroup QUESTIONS:

BEGIN IT (5min) – Open Praise song and Prayer

OPEN IT (10min) - Share how your spiritual connection with God has made a difference in you in the midst of your stress.

EXPLORE IT (60min) – Review Sunday’s sermon outline and answer the following questions:

1. Discuss how some stress can be a positive thing in our lives. How does God use stress in our lives? Can you share an your experiences where God has used stress in a good way in you?
2. Discuss how important thinking is in dealing with stress. Where are you spending most of your time?
3. Discuss the common sense lifestyle changes. How much of your stress can be traced back to your lifestyle? Explain.
4. How important are relationships in overcoming stress? Can you share a time when your relationships have helped you in a stressful season of your life?
5. How does prayer and trust influence our stress levels?

APPLY IT (15min) - What are the specific things creating stress in your life? Utilize the list from the message. Personalize and add to the list. What is the benefit of asking God to help you identify your stressors?