

**Hope Chapel Series: “Overcoming the Darkside of Stress” part 3**

**Message Summary:** Money can be a stressor for us all. Most people I know have experienced stress relating to money. Usually it is in the form of stressing over not having enough. The sad reality is life is expensive. It takes a tremendous amount of money to just survive. Buying and maintaining a home - or rent / raising kids / kids sports / now throw in some medical issues. Now we have record inflation / gas prices out of control / stock market is rather depressing– Times are tough. How can we deal with our stress over money better? We'll see four ways to manage our stress with money.

## **MANAGE MONEY STRESSORS**

- 1. Learn to be content - Philippians 4:11-13**
  - A. Our discontent multiplies our stress over money**
  - B. Allow Jesus to be the source of contentment**
  - C. Allow your relationships to be a source of contentment**
  
- 2. Learn to avoid comparisons - Ecclesiastes 4:4**
  - A. Comparing increases stress over money**
  
- 3. Substitute comparing with gratitude.**
  
- 4. Learn to live within your means - 1 Timothy 6:8-9**
  - A. Decide to live simple**
  - B. Create and follow a budget**
  
- 5. Learn to trust God - Romans 15:13**
  - A. Think about money as God does**
  - B. Practice generosity**

**Discussion QUESTIONS:** *All LifeGroups on Holiday Break*

OPEN IT (15min) - Share your experience with money growing up as a child.

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

1. Discuss the struggle we all have with being content. Why is this such a challenge at times? How is it possible that Jesus is a source of contentment?
2. Share about the comparison trap we can all fall in to. How have you struggled with this? How does gratitude help with comparisons?
3. What does it mean to live within our means? Is it a struggle to live simple? Share your experiences with budgeting your money.
4. Why is generosity an appropriate topic during record inflation? How does generosity reflect my trust in God?

APPLY IT (15min) - If you had a chance to live life over again, how would you want your relationship with money to be different? Parents- How could you pass along these ideas to your children?