

Small Group Studies



'Bringing God and people together'

Victory in Life Series Stress Less

By Peter Starr

Study 1

Q What kinds of things stress you out?

Q What kind of things do you do when you are stressed?

Stress is one of the prevailing characteristics of the twentieth century. Stress is a factor that creates a mental, emotional, or physical strain. A multitude of factors contribute to stress. The unrelenting pressures of contemporary life, the constant challenges and deadlines of our fast-paced society, the ever-changing state of our unstable world, and the pressures of fear and uncertainties concerning the future also create stress. It is "a state of unresolved tension arising from the pressures, irritations, and demands of life."

Even the Apostle Paul said, "We were **PRESSED** out of measure." (2 Cor. 1 : 8 KJV)

Stress can breed a host of destructive symptoms, which affect us mentally, emotionally, physically and spiritually.

These can include:

- Mental and emotional fatigue
- Drug and alcohol dependency
- Loss of appetite
- High blood pressure
- Physical weariness
- Frequent headaches
- Stomach problems
- Heart problems
- Hypertension
- Insomnia

The tempo of life, the strain of demands and responsibilities, a failure to seek adequate rest and relaxation, a poor use of time, wrong priorities, spiritual conflicts, a tendency to overextend ourselves, a poor diet, vitamin deficiencies, lack of

exercise, insufficient communion with God, inter-personal conflicts, emotional problems, and unresolved sins are significant ingredients in stress.

Q How can someone stress less?

(Include mental, physical, and spiritual answers)

Q How can we NOT be conformed by the pattern of life that this world throws at us?

A great deal of stress can be alleviated or minimized by viewing our circumstances from a Godly perspective. One of the greatest truths a Christian can embrace is the scriptural revelation that

"all things work together for good to those who love God" (Rom.8: 28)

Q Have you ever personally experienced the above verse in action?

Continued in Study 2