

# Small Group Studies



*'Bringing God and people together'*

## Victory in Life Series Stress Less

By Peter Starr

### Study 2

Too many believers have not learned to regulate the tempo of their life. They have fallen in step with the rush hour spirit of this age. This "have to have it done yesterday" mentality is a significant contributing factor to stress. It exerts pressure upon our nervous system and produces a tension charged environment. Christians must respond to the warnings and slow down, or they will suffer the consequences of stress.

The daily schedule of some people is so chronically cluttered, cramped, and congested that they suffer stress. Many people waste time or manage it poorly. The inevitable result is a stress-filled consciousness. Each of us must periodically examine our use of time and carefully consider our priorities, commitments, and timetables. Our time must be structured wisely. We must budget our time and spend it in the most beneficial manner. This may require eliminating activities, re-evaluating priorities, saying "no", and restructuring our time.

**Q How do you know if you are too busy in life?**

**Share some of your priorities in life**

"for in six days the Lord made the heavens and the earth, and on the seventh day HE RESTED AND WAS REFRESHED" (Ex.31: 17)

God set an example by creating a day for rest and refreshing. Rest and relaxation are strong antidotes for stress.

**Share with the group some of the things that help relax you.**

Not only do our bodies and minds require regular periods of rest and relaxation, but our spirits need to be regularly refreshed in the presence of God. Many Christians have become so involved in the business of serving God and fulfilling spiritual responsibilities that they overlook a vital dimension in their relationship and experience in Christ, (Read Luke 10: 38-42). It is good to be actively involved in

serving Christ, but we must give attention to what Jesus referred to as "that good part" (Luke 10: 42). Quality time spent with God is never wasted time. It is a powerful ingredient for alleviating stress.

"BE ANXIOUS FOR NOTHING, but in everything by PRAYER and supplication, with thanksgiving, let your requests be made known to God; and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus."  
(Phil.4: 6-7)

### **Q How can we actually give things over to God in prayer?**

God said, "It's not good for man to dwell alone". Companionship with others provides access to warmth, love, understanding, comfort, counsel and encouragement. Therefore, we should endeavour to spend regular times with friends and loved ones, doing things together, sharing with each other, having fun and enjoying rest and relaxation.

Continued in Study 3