

Small Group Studies



'Bringing God and people together'

Victory in Life Series Stress Less

By Peter Starr

Study 3

Q What are some of the things that you really enjoy doing with your friends?

Q What is the result of such things in your life?

If we ignore sin or fail to deal with it promptly, we can gradually pay the price through increased feelings of stress. Sin generates inner tensions and feelings of guilt. If we have any unresolved sin(s) in our life, whether public or private, we must sincerely seek Christ's cleansing power and forgiveness. This may involve healing some inter-personal conflict with another person. Conflicts with others create incredible amounts of stress. If we are harbouring hostility, hatred, resentments, or offence, we should seek genuine reconciliation, healing and forgiveness. (Read 1 Jn. 1: 9 and Matt.6: 14-15)

Salvation is always a gift to be received and never a work to be earned.

Q How can every believer learn to rest in the salvation that God has provided?

Physical factors often play an important role in stress. Stress can often be attributed to a failure to execute sound principles of good health in an individual's life.

If we neglect or unconsciously abuse our bodies, we can suffer the consequences of stress. We can help prevent stress if we will follow the basic rules of good health.

We must exercise regularly, get a proper amount of sleep, and maintain a balanced diet. We should minimize the intake of caffeine, alcohol, sugar products, salt and "junk food".

Knowing what we should do and actually doing it are two different things

Q Why is it so and how can every one of us build into our own life a greater sense of self-control?