

Stress Management

Joyce Meyer

Review

Key Scriptures: Philippians 4:6–7; Isaiah 26:3

Discuss

1. What are some of the negative effects of stress on our society?
2. What are the main causes of stress in your life?
3. What are some ways we can reduce stress?
4. Joyce asked four questions: Do you drink enough water? Do you get enough sleep? Do you exercise regularly? Do you eat a healthy diet? How would you answer each of these questions? Based on your answers, what changes can you make this week?
5. God wants us to live in peace. What are some ways you connect with God and find His peace?
6. Read Philippians 4:6–7. Take a moment to pray specifically about one thing that is a point of stress in your life.
7. What is the Holy Spirit saying to you through this message?

Takeaway

As we conclude, remember the following:

- God doesn't want us to live in stress.
- Make practical life changes to help remove stress.
- Commit your worries to the Lord in prayer.

Prayer

Heavenly Father, we trust our lives to You. Help us honestly assess what is fruitful in our lives and what is not. Give us the grace we need to let go of activities that aren't bearing good fruit. In Jesus' name, Amen.

Leader Tip

As leaders we can become stressed when we take on too much responsibility. Take time to evaluate all you do and determine if you are focusing on what is most fruitful. Joyce Meyer mentioned making a chart of all the things you do and then evaluating which ones are bearing fruit, bearing little fruit, or not bearing fruit at all. Try Joyce's activation chart, and prayerfully decide what to keep on your plate and what to take off.

Group Dynamics Idea

In-person registration for Men's Summit 2023 is sold out, but there's still time to register to stream the conference online. This is a great opportunity for the men in your group to grab some snacks and gather for a watch party to enjoy the sessions together! Check out the speakers, schedule, and more at menssummit.com.