

Life Group Curriculum



Let's Chat About It (Week 3)

Put Your Stress To Rest

Preacher: Stephen Scott

Worship:

This past Sunday, a key point in Stephen's message was making room to rest. As you spend time in worship this week, listen to the song *Make Room* by Community Music. Reflect on the lyrics of the song, as it speaks about making room for God to do what He wants to do in our lives, which includes making room for us to find rest in Him.

Check-in:

As you reflect on last week's message of "Forgiveness", share with the group what steps you've taken or still plan to take towards someone who you need to forgive or who needs your forgiveness.

Synopsis of message: Forgiveness

In the third week of "Let's Chat About It", Stephen shared with us how common stress is and while stress is not always a bad thing, it's the accumulation and mismanagement of stress that is damaging. In today's society, busyness is seen as a badge of honour, yet we still find ourselves feeling overworked, overstressed and constantly dissatisfied. Corrie Ten Boom said, "If the devil can't make you bad, he'll make you busy." To develop radical resilience we need to look at God's way of dealing with stress. It may be countercultural, but it will enable us to thrive in a pressured, stressed-filled life. Looking at Luke 10:38-42; Stephen highlighted God's strategy in his message, titled "Put your stress to rest", and shared 3 points:

1. **Recognise that rest is an instruction, not an option:** Looking at the 10 Commandments (in Exodus 20), one of them says, "Remember the Sabbath day, keep it holy", which means "carve out time to rest". As it says in Matthew 11:28, Jesus tells us to find rest in Him when we are weary or carrying heavy burdens. We need to realise that this is more than an invitation; it's an instruction and God's way of protecting us.
2. **Make room to rest:** Rest shouldn't just be regarded in principle, but we are to act on it and put it into practice. Set up an untouchable, non-negotiable and essential daily rhythm of rest.
3. **Respond to the call to rest in reverence:** Reverence means profound respect and love, awe and wonder. Mary's reverence for Jesus drew her to spend time at his feet. We need to have the same reverence of God, recognising that He is greater than anything that may cause us stress in life.

Discussion questions:

1. We learnt that stress itself isn't bad, but rather the mismanagement thereof. In what ways do you think you've been mismanaging your stress?
2. What is your biggest distraction in spending consistent time alone with God? How can you overcome this?
3. "Rest" is an instruction, not an option. With that in mind, what practical ways can you "carve out time to rest"?
4. In times of stress, we can trust that the God of the universe cares for ME. Share with the group a promise from God's Word that you are currently holding onto which reminds you of His faithfulness.

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Additional Resources:

- [Real Hope](#): Overcoming Stress and Anxiety on YouVersion
- [Five Ways](#) to Overcome Stress on YouVersion