

Overwhelmed

Life Group Leaders Guide

Objective

This guide contains the information and questions you will need to lead a life group study during our current sermon series. Our aim is to spark Spirit-led, Bible-centered conversations that anyone can participate in regardless of how biblically literate they may or may not be. **The win** that we want you to experience is when your group members **connect** more closely with each other and with God so that they are encouraged to move forward in living out their faith.

Directions

The *Purpose* and *Move* sections are for the leader to read to the group to provide clarity. **Do not feel pressured to cover all the questions.** Decide which ones may work best for your group. You will see brief notes interspersed between groups of questions to help give the group context for their answers. The *Notes and Commentary* section (when included) is optional reading for the leader to get background information and better understanding of the passages before leading the discussion.

Series Overview

So many of us are overwhelmed by things that keep us from living the life God wants for us. We struggle with things like depression, anxiety, suicidal thoughts, addiction and stress. But through the power of the Spirit and with help from others, we can tear down these strongholds. It requires the hard work of reframing our thoughts and shifting our behaviors, but we can be free!

Overwhelmed Series Schedule

Week	Sermon Date	Topic
1	7/21/19	Depression, Anxiety, & Suicidal Thoughts
2	7/28/19	Addiction
3	8/4/19	Stress

The Point Church Life Group Curriculum

Stress

The Big Idea

Prioritizing our lives decreases our stress.

Flow of Study

Icebreaker: Tell us about one of your biggest fears.

Move #1: Let's begin the discussion with some questions unpacking this Sunday's sermon.

1. What stood out most to you from the message this weekend about stress?

Move #2: Next, let's discuss a psalm that points to our defense from stressful circumstances.

Read Psalm 46 (NIV)

- 1 God is our refuge and strength,
an ever-present help in trouble.
- 2 Therefore we will not fear, though the earth give way
and the mountains fall into the heart of the sea,
- 3 though its waters roar and foam
and the mountains quake with their surging.
- 4 There is a river whose streams make glad the city of God,
the holy place where the Most High dwells.
- 5 God is within her, she will not fall;
God will help her at break of day.
- 6 Nations are in uproar, kingdoms fall;
he lifts his voice, the earth melts.
- 7 The Lord Almighty is with us;
the God of Jacob is our fortress.
- 8 Come and see what the Lord has done,
the desolations he has brought on the earth.
- 9 He makes wars cease
to the ends of the earth.
He breaks the bow and shatters the spear;
he burns the shields with fire.
- 10 He says, "Be still, and know that I am God;
I will be exalted among the nations,
I will be exalted in the earth."
- 11 The Lord Almighty is with us;
the God of Jacob is our fortress.

2. How does the psalmist cope with the natural (verses 2 & 3) and man-made (verse 6) circumstances beyond his control?
3. What do you stress out about the most, and why?
4. What are some ways you tried to manage your stress in the past, and how successful have you been in doing so?
5. Do you rely on God as your “refuge” when you face stressful circumstances? If so, how?
6. God says: “Be still, and know that I am God” (verse 10). How can prioritizing our time with God reduce stress? What could this look like for you?

Move #3: In the next reading, we’ll explore Jesus’s solution to the problem of stressing over how we’re going to provide for ourselves and our families.

Read Luke 12:22-34 (NIV)

22 Then Jesus said to his disciples: “Therefore I tell you, do not worry about your life, what you will eat; or about your body, what you will wear. 23 For life is more than food, and the body more than clothes. 24 Consider the ravens: They do not sow or reap, they have no storeroom or barn; yet God feeds them. And how much more valuable you are than birds! 25 Who of you by worrying can add a single hour to your life? 26 Since you cannot do this very little thing, why do you worry about the rest?”

27 “Consider how the wild flowers grow. They do not labor or spin. Yet I tell you, not even Solomon in all his splendor was dressed like one of these. 28 If that is how God clothes the grass of the field, which is here today, and tomorrow is thrown into the fire, how much more will he clothe you—you of little faith! 29 And do not set your heart on what you will eat or drink; do not worry about it. 30 For the pagan world runs after all such things, and your Father knows that you need them. 31 But seek his kingdom, and these things will be given to you as well.

32 “Do not be afraid, little flock, for your Father has been pleased to give you the kingdom. 33 Sell your possessions and give to the poor. Provide purses for yourselves that will not wear out, a treasure in heaven that will never fail, where no thief comes near and no moth destroys. 34 For where your treasure is, there your heart will be also.

Note: To “seek first God’s kingdom” means to make our main purpose in life to learn to live under God’s loving rule.

7. What practical ways can we “seek his kingdom”?
8. How can seeking God’s kingdom replace worry (verse 31)?
9. How much do you stress about finances?
10. What specific kinds of “treasure” in your own life would Jesus want you to reprioritize?
11. How does prioritizing the right treasure reduce our worry and stress?

Next Steps: The following are things you could challenge your members to do in order to take what you studied in this curriculum farther.

1. Group Exercise: Make a list of your priorities in order of importance. Next, make a list of the things you stress about the most. Now, compare the two lists. Does anything seem out of place? If so, seek refuge in prayer and ask God to lead you to seek his kingdom first.
2. Don't struggle with your stress alone. Please let us pray for you. (Gather around, lay hands on and pray in faith.)
3. If you need more help, remember to reach out to our Point Care Center for counseling.

Prayer: End your study with a time of praying with and for each other. Take requests, but be sure to pray also about what you've discussed today.

Notes and Commentary

The following are pieces of commentary, facts, and links based on the passages of this study in order. Use them to help supplement your group time or for your personal preparation.