

# Healthy Mind 4: Stressed Out Prayers

May 14-15, 2022: Josh McGinley

This guide is a springboard for discussion and a catalyst for further study, based on the message. Please choose from any or all the parts below that you think are most interesting and useful in your group.

## Read **Romans 12:2**.

### 1. Tell God about your **stress**. (Esther 4:10-14, 1 Samuel 18:6-11)

- Read **Psalm 142:1-7**. What do you notice about the perspective of this psalm?
- What triggers stress in people?
  - What steps can I take to avoid unnecessary stress?
  - What are some ways I handle stress that have worked for me?
- What are you running to for safety and security? How well does that bring resolution?

### 2. Finding rest in the promises of God

- Read **Matthew 6:25-27, Luke 10:38-42**.
  - How can Jesus's words help us to look at stress from another perspective?
  - Why is that important?
- Read, **Psalm 94:19, Psalm 18:1-3, and Psalm 59:16-17**.
  - How does the contentment I am learning to cultivate help me to deal with stress?
  - How can I learn to default to better **responses** when I encounter stress?

### 3. Stress can easily change our **attitude** and our **behaviors**.

- How is stress sometimes useful?
- Read **2 Thessalonians 3:16**. How do my own expectations affect my stress levels?
- Discuss one of these ideas (possibly with a partner):
  - Knowing that stress is normal can help us view it with less alarm. (1 Peter 4:12)
  - How does a lack of discipline affect stress levels? (Colossians 3:2)
  - What can I learn from God's counsel to Cain (Genesis 4:6-7)?

Close with **John 14:26-27** and this theme-related song:

- "Another in the Fire" <https://www.youtube.com/watch?v=ScK3v5gcBKO>

If you have a prayer need, please ask a friend here to pray with you, and to support you in prayer this week.