

# LEARNING TO WALK ON WATER

## LEARNING HOW TO DE-STRESS YOUR LIFE

November 22, 2015

### 1. Open in Prayer:

"Father, thank You that in Christ, we have all that we need to be all that You've created us to be. Holy Spirit, guide and influence our conversation, minister grace to us and teach us not to stress, but to rest in Christ. In His epic Name, Amen."

2. Stress has many different causes (just to name a few): childhood trauma, loss of a loved one, divorce, school, finances, parenting a chronically ill child, pregnancy, terrorism, cyber bullying, even healthy personal relationships. According to the American Psychological Association, money is the top cause of stress in America.

a. What causes you the most stress and why? And what happens when you are stressed?

### 3. How Do We De-stress Our Lives?

a. Explain Pastor Derwin's statement, "Remember your citizenship." How does this help you de-stress your life? (Read Philippians 3:20)

- How do proper sleep, good eating habits, and exercise de-stress your life?

b. Explain Pastor Derwin's statement, "God will use stressful circumstances to move you towards trusting Jesus more." God's desire is to transform us into the image of Christ, so it's important to remember Jesus' transformative power. (Read Philippians 3:21)

c. Read Philippians 4:4-5. What does it mean to remember, "to rejoice in the Lord Jesus always"? And what do we have to rejoice about in Jesus?

d. Read Philippians 4:6-7. Explain what it means to remember, "to pray with thanksgiving"?

- How does comparing yourself to others and what they have cause stress?
- Share what you are thankful for.
- Read Ephesians 1:3.

e. Read Philippians 4:8. Pastor Derwin said, "Remember to set your mind on Jesus." What does he mean by that statement and how will this de-stress our lives?

**Soul-tattoo:** De-stress your life by pressing into the Messiah (Silence and Solitude)

- What is silence and solitude and how will these spiritual disciplines help de-stress your life?