

bridgeway GROUPS

SERIES INTRO:

In this series we explore the struggles of mental health and how the Bible speaks into them.

DISCUSSION GUIDE:

November 3 - Ron Aulbach

“How to Handle Stress”

LIFE: Ask and share within the group the title of this series: You good? How's life?

ENGAGE THE MESSAGE:

1. Read **1 Samuel 21:10-15**. Why is David so stressed in this story?
2. What stresses you out?
3. How do you react when you are stressed? Do you seek God when you are stressed?
4. How does your reaction to stress play into your relationship with God?
5. Read **Luke 5:15-16**. When was the last time you got alone with God and prayed?
6. When you are feeling stressed, have you ever analyzed it and asked yourself, “Is it worth it?”
7. What brings you joy?
8. Wellbeing is built with small steps done consistently over time. Share with the group one practice that currently is part of your life.
9. What small practice can you start this week to promote mental health and wellbeing?
10. How can you make time to rest in Jesus?

MAKE DISCIPLES: How can you step into the trenches of stress with those around you to encourage them in their faith?