

# JESUS Talks

Ideas worth spreading

## JESUS TALKS Part 9: Stress - Less Pastor Dave Patterson

### USING THIS SERMON DISCUSSION GUIDE

We have provided all the Scriptures referenced in the sermon and some discussion questions for you to use to facilitate a discussion.

This Sermon Discussion Guide is only a tool to aid you in meeting the needs of your group. For most groups, there are too many questions to answer in one session together.

While the questions are important, remember your small group's goal is not to pound through the questions but to create an atmosphere that will foster true friendships, so knock yourself out with the discussion questions but spend more time laughing than answering the questions.

### **[Matthew 11:28-30 - The Message]**

*“Are you tired? Worn out? Burned out on religion? Come to me. Get away with me and you'll recover your life. I'll show you how to take a real rest. Walk with me and work with me—watch how I do it. Learn the unforced rhythms of grace. I won't lay anything heavy or ill-fitting on you. Keep company with me and you'll learn to live freely and lightly.”*

### **[John 14:27]**

*“I am leaving you with a gift—peace of mind and heart. And the peace I give is a gift the world cannot give. So don't be troubled or*

*afraid. Remember what I told you: I am going away, but I will come back to you again."*

**[Isaiah 61:1 & 3]**

*The Spirit of the Sovereign LORD is upon me, for the LORD has anointed me to ...  
comfort the brokenhearted, proclaim that captives will be released,  
to proclaim the year of the LORD's favor...  
to bestow on them a crown of beauty **instead of ashes**, the oil of joy  
**instead of mourning**, and a garment of praise **instead of a spirit of despair**.*

**"Worry does not empty tomorrow of its sorrow; it empties today of its strength."**

**Corrie Ten Boom**

**[Philippians 4:6-7]**

***Don't worry about anything; instead, pray about everything.** Tell God what you need, and thank him for all he has done. **Then you will experience God's peace**, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus.*

**[Isaiah 26:3]**

*You will keep in perfect peace all who trust in you, all whose **thoughts are fixed on you!** Trust in the LORD always, for the LORD GOD is the eternal Rock.*

**[LUKE 10:41]**

***"Martha, Martha, you are worried and distracted by many things; yet only one thing is needed. Mary has discovered it, and it will not be taken away from her."***

**"When I pray, I'm never changed from when I talk to God but I'm always changed when he talks to me."**

**Charles Spurgeon**

**[Psalm 27:14]**

*Wait patiently for the LORD. Be brave and courageous. Yes, wait patiently for the LORD.*

**[Isaiah 30:15]**

*This is what the Sovereign LORD, the Holy One of Israel, says: "Only in returning to me and resting in me will you be saved. **In quietness and confidence is your strength.**"*

### **DISCUSSION QUESTIONS**

- 1. Is stress something you deal with often? How often? What does your worrying accomplish? Have you ever lost sleep due to worry?**
- 2. What are the challenges to living out Philippians 4:6-7? How can we practically remember to pray instead of worry?**
- 3. Can you remember a time when the peace of God came into your life and routed your stress?**
- 4. What are the top 3 things you worried about? Write them down and make them your prayer list for the week.**
- 5. Why is it so hard to wait on God? What can we do during the wait?**
- 6. Pray for each other that the great exchange would take place, ask God to give beauty for ashes, joy for mourning, a garment of praise for the spirit of despair.**