**STRESSED!**

**Slaying the Stress Monster**

**Discussion Questions**

1. What’s been stressing you out lately? How does stress affect you? Have you ever battled insomnia, depression, or anxiety? If so, what was it like? How do you generally deal with stress?

2. What is your favorite worship song and why? How would you rate your worship life?

3. Did you ever consider that worship is a terrific antidote for stress? According to the following passages, what are some things that can happen when we worship God?

* II Chronicles 5:11-14
* Psalm 18:3
* Psalm 63:1-5
* Isaiah 61:3
* Psalm 100:4 and Psalm 16:11

4. Have you ever read through the Psalms? Why is it beneficial to read the Bible, not just when you’re stressed but all the time?

* Psalm 119:28
* Psalm 119:107
* Psalm 119:111
* Psalm 119:165

5. When David was stressed out because Saul was trying to kill him, Jonathan went to David and “strengthened his hand in God” according to I Samuel 23:16. Who in your life comes along side you to regularly strengthen your hand in God? And whose hand do you regularly strengthen? Don’t leave today without strengthening someone’s hand in God.