



Overwhelmed Week One : Stress

The Big Idea

God wants to put your stress on His shoulders.

Key Verse

1 Peter 5:7 "Give all your worries and cares to God, for he cares about you."

Start Talking

Start by everyone taking a 15 second breath.
Did anything stand out to you in the message? Something new you haven't heard?

Start Thinking

Read (Philippians 4:4-9). Which of these verses seems hardest to do right now?
What are some ways we can practically live verse 6?

Start Sharing

Is there any particular song you like to listen to when you are stressed?
Have you felt overwhelmed lately? If so, what caused the feeling?
Share if you have ever had stress harm a situation or season in your life?
How do you think your days should change if you believed God gave you everything you needed to accomplish everything He needed done the day?
What things do you do daily to remind you of God's presence? Do you need more?

Start Doing

As soon as you start to feel stress this week, put it on God's shoulders.