

SG

Your *group* matters.

DISCUSSION GUIDE

- Icebreaker -

*Describe something that you have created or constructed. (Share a photo if you have one.)
What did you most enjoy about the process?*

1. What are some encounters you face that influence your stress levels to rise and be expressed outwardly?
2. Pastor Tom notes from [Luke 9:51](#) that, "Establishing the right priorities will help us focus on what's really important." How would the priority of pleasing God change your responses to stressful circumstances or people?
3. [Luke 4:42-44](#) shows Jesus' priorities. What other priorities in your life compete with Jesus as the number one priority and what impact has that had on stress in your life?
4. How have you seen criticism, competition, or conflicts affect your life and influence your behavior? How could prioritizing pleasing God change that? See [Romans 8:1-2, 38-39](#).
5. Read [Matthew 6:33](#). Pastor Tom shares, "Jesus knew what he wanted to accomplish with his life." What do you want to accomplish with your life, and how does that relate to Christ's desires for you?

Day One: [Mark 10](#)

Day Two: [Genesis 38](#)

Day Three: [2 Corinthians 6](#)

Day Four: [1 John 3](#)

Day Five: [Job 38](#)

*This Personal Guide has been adapted from
Professor Grant Horner's Bible Reading System.*

PERSONAL GUIDE



From **to**
STRESS
ST

“What Am I Living For?”

JAN 8, 2023 PASTOR TOM LUNDEEN

MYRC.CHURCH



"What Am I Living For?"

Pastor Tom Lundeen

MESSAGE NOTES

...the problem of stress isn't some recent _____
Stress isn't new and has always been a _____.
Human beings have been dealing with stress since _____ entered our world.

Since human beings have had stress in their lives for multiple millennia, this series is all about us learning how God wants us to _____ stress His way, and discover how we can move from constant stress to genuine rest.

1. What is Stress?

Stress = _____ or _____ reaction, and happens automatically when we feel pressured/threatened.

- _____% of people experience stress that impacts their physical health; _____% of people impacts their mental health; _____% of people have trouble sleeping (American Institute of Stress, Sept. 2022).
- National Ag Safety Database estimates as much as _____% of illness and disease is stress-related.
- ...constant stress can increase your _____, suppress your immune system, and make your stomach ache...affect your blood pressure, weight, heart attack, stroke, other skin conditions... (Mayo Clinic).

While not all stress is _____...stress in the 21st century...can seem _____ most days.

But we don't always tell ourselves the _____ about stress.

So what's _____ our stress?

How did Jesus _____ dealing with stress in a healthy way?

2. He Knew Who He Was Trying to _____ (note [John 5:30](#))

Jesus knew what He wanted to _____ with His life (note [John 8:14](#); [Luke 4:43](#)).

Either priorities or pressures will _____ our lives.

Establishing right _____ will help us focus on what's really important (note [Luke 9:51, 62](#); [10:40-42](#)).

No one can please everyone (not even _____).

Note [Matthew 3:17](#)

When you don't know who you're trying to please, then you'll be _____ by:

- _____ (always wondering what others think about me).
- _____ (always worried if someone is doing better than you).
- _____ (when someone disagrees with me and I don't know who I'm trying to please so I give in).

We need to _____ who we're trying to please (note [Matthew 6:33](#)).

If my ultimate focus is to please Jesus, and that's what I invest my time, energy, talents, and treasures to do, it _____ my life and it _____ pressure.

From Stress to Rest in 2023:

- We need to stop _____ our stress on everyone and everything else.
- There are consequences to every choice we make (including _____).
- But when I know who I'm trying to please, it helps _____ what consequences I need to choose.
- So who are you trying to please?
- If it's anyone or anything other than Jesus, life will be filled with doubts, _____, and constantly looking over your shoulder to see what others are saying about you.
- _____ times in the New Testament Jesus challenged and invited people to *Follow Me* (note [Matthew 19:21-22](#); [John 21:19-22](#)).
- Knowing who you're following in everything is how to experience rest instead of stress.

Tell someone about the next step you took today in your spiritual journey! Let us know, too, and fill out our connect card (digital* or hard copy).

*MYRC.LINK/CONNECT or text **riverside** to **94000**



SMALL GROUP
guide on the back



"What Am I Living For?"

Pastor Tom Lundeen

MESSAGE NOTES

...the problem of stress isn't some recent phenomenon...

Stress isn't new and has always been a problem.

Human beings have been dealing with stress since sin entered our world.

Since human beings have had stress in their lives for multiple millennia, this series is all about us learning how God wants us to navigate stress His way, and discover how we can move from constant stress to genuine rest.

1. What is Stress?

Stress = fight or flight reaction, and happens automatically when we feel pressured/threatened.

- 77% of people experience stress that impacts their physical health; 73% of people impacts their mental health; 48% of people have trouble sleeping (American Institute of Stress, Sept. 2022).
- National Ag Safety Database estimates as much as 90% of illness and disease is stress-related.
- *...constant stress can increase your cholesterol, suppress your immune system, and make your stomach ache...affect your blood pressure, weight, heart attack, stroke, other skin conditions...* (Mayo Clinic).

While not all stress is bad...stress in the 21st century...can seem unrelenting most days.

But we don't always tell ourselves the truth about stress.

So what's beneath our stress?

How did Jesus model dealing with stress in a healthy way?

2. He Knew Who He Was Trying to Please (note [John 5:30](#))

Jesus knew what He wanted to accomplish with His life (note [John 8:14](#); [Luke 4:43](#)).

Either priorities or pressures will guide our lives.

Establishing right priorities will help us focus on what's really important (note [Luke 9:51, 62](#); [10:40-42](#)).

No one can please everyone (not even God...).

Note [Matthew 3:17](#)

When you don't know who you're trying to please, then you'll be dominated by:

- Criticism (always wondering what others think about me).
- Competition (always worried if someone is doing better than you).
- Conflict (when someone disagrees with me and I don't know who I'm trying to please so I give in).

We need to settle who we're trying to please (note [Matthew 6:33](#)).

If my ultimate focus is to please Jesus, and that's what I invest my time, energy, talents, and treasures to do, it simplifies my life and it reduces pressure.

From Stress to Rest in 2023:

- We need to stop blaming our stress on everyone and everything else.
- There are consequences to every choice we make (including indecision).
- But when I know who I'm trying to please, it helps clarify what consequences I need to choose.
- So who are you trying to please?
- If it's anyone or anything other than Jesus, life will be filled with doubts, second guessing, and constantly looking over your shoulder to see what others are saying about you.
- 13 times in the New Testament Jesus challenged and invited people to Follow Me (note [Matthew 19:21-22](#); [John 21:19-22](#)).
- Knowing who you're following in everything is how to experience rest instead of stress.

Tell someone about the next step you took today in your spiritual journey! Let us know, too, and fill out our connect card (digital* or hard copy).

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