

# SG

Your *group* matters.

## DISCUSSION GUIDE

- Icebreaker -

*As we start 2023, what trend – be it fashion, social media, food, design – would you gladly leave behind from 2022?*

1. Pastor Tony said that “stress most often happens when we feel like every decision, solution, response, provision and protection rests on us.” Describe a situation when you’ve experienced this and how you navigated the stress.
2. Read through the passages in John listed under “I AM...” in your message notes ([John 6:35](#), [8:12](#); [10:9](#), [11, 14](#); [11:25](#); [14:6](#); [15:5](#)). How does knowing Who Jesus is help you gain perspective when you meet a stressful situation?
3. Read [Mark 14:32-42](#) then review the section in the message notes entitled, “Jesus’ Stress Test.” Jesus’ response to the enormous stress He experienced was both real and relevant. What practices can you put into place as you look at His example?
4. “Feeling better isn’t meant to be your top priority if stressed.” Why do you think your tendency is to attempt to feel better (relieving the stress) instead of looking for what God wants from and for you during your stress?
5. Pastor Tony suggested, “When you don’t understand what’s happening, fall back on what you do understand.” What are some of the things you understand which will help you face the unknown and how can your group work together to live them?

*Day One:* [Psalm 38](#)

*Day Two:* [Proverbs 7](#)

*Day Three:* [Judges 14](#)

*Day Four:* [Isaiah 38](#)

*Day Five:* [Acts 10](#)

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

## PERSONAL GUIDE



From **to**  
**STRESS**  
**ST**

## “I AM... Holding On to You”

**JAN 15, 2023**

**PASTOR TONY MYLES**

**MYRC.CHURCH**



# "I AM... Holding On to You"

Pastor Tony Myles

## 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.

### I am...

### I am also...

Stress most often happens when we feel like every decision, solution, response, provision and protection \_\_\_\_\_.

- Why do this in light of how Jesus \_\_\_\_\_ Himself?
- FYI: God personally revealed Himself as "I AM" ([Exodus 3:14](#)).

### I AM...

- "...the bread of \_\_\_\_\_." ([John 6:35](#))
- "...the \_\_\_\_\_ of the world." ([John 8:12](#))
- "...the \_\_\_\_\_." ([John 10:9](#))
- "...the good \_\_\_\_\_." ([John 10:11, 14](#))
- "...the \_\_\_\_\_ and the life." ([John 11:25](#))
- "...the way, the truth, and the life." ([John 14:6](#))
- "...the true \_\_\_\_\_." ([John 15:5](#))

Everything Jesus says is Him \_\_\_\_\_.

- He knows who or what we embrace \_\_\_\_\_ us.
- He also knows the struggles and temptations of stress all too well. ([Hebrews 4:14-16](#))

## Jesus' Stress Test ([Mark 14:32-42](#))

v.32: Knowing the intensity ahead, He chose to \_\_\_\_\_.

v.33-34: Knowing the \_\_\_\_\_ around, He felt freedom to \_\_\_\_\_.

v.35a: Knowing the \_\_\_\_\_ below, He let Himself \_\_\_\_\_.

v.35b: Knowing the Father's \_\_\_\_\_, He cried out.

v.36a: Knowing the Father's identity, He \_\_\_\_\_  
His prayer.

v.36b: Knowing the imposing \_\_\_\_\_, He sought the larger \_\_\_\_\_.

v.37-38: Knowing the future \_\_\_\_\_, He dared an old \_\_\_\_\_.

v.39-41: Knowing the \_\_\_\_\_ power, He didn't demand a new \_\_\_\_\_.

v.42: Knowing the incoming attack, He \_\_\_\_\_ to face it.

## From Stress to Rest in 2023:

- \_\_\_\_\_ isn't meant to be your top priority if stressed.
- When you don't understand what's happening, fall back on what you do understand.
- If you don't know who you are, everything and everyone else will \_\_\_\_\_ that for you.
- Knowing who you are starts with knowing \_\_\_\_\_ you are.

### Don't miss this...

Some of the most sacred work you'll ever do won't be seen or applauded in the light... but grown in the \_\_\_\_\_ as you \_\_\_\_\_ with the Lord.

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**  
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# "I AM... Holding On to You"

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## 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.

### I am...

### I am also...

Stress most often happens when we feel like every decision, solution, response, provision and protection rests on us.

- Why do this in light of how Jesus identifies Himself?
- FYI: God personally revealed Himself as "I AM" ([Exodus 3:14](#)).

### I AM...

- "...the bread of life." ([John 6:35](#))
- "...the light of the world." ([John 8:12](#))
- "...the gate." ([John 10:9](#))
- "...the good shepherd." ([John 10:11, 14](#))
- "...the resurrection and the life." ([John 11:25](#))
- "...the way, the truth, and the life." ([John 14:6](#))
- "...the true vine." ([John 15:5](#))

Everything Jesus says is Him telling the Truth.

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## Jesus' Stress Test ([Mark 14:32-42](#))

- v.32: Knowing the intensity ahead, He chose to not be alone.
- v.33-34: Knowing the support around, He felt freedom to stress.
- v.35a: Knowing the foundation below, He let Himself collapse.
- v.35b: Knowing the Father's omnipresence, He cried out.
- v.36a: Knowing the Father's identity, He personalized His prayer.
- v.36b: Knowing the imposing chapter, He sought the larger Story.
- v.37-38: Knowing the future rooster, He dared an old fisherman.
- v.39-41: Knowing the routine's power, He didn't demand a new breakthrough.
- v.42: Knowing the incoming attack, He stood to face it.

## From Stress to Rest in 2023:

- Feeling better isn't meant to be your top priority if stressed.
- When you don't understand what's happening, fall back on what you do understand.
- If you don't know who you are, everything and everyone else will define that for you.
- Knowing who you are starts with knowing Whose you are.

### Don't miss this...

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