



Part 3: Stupid Stress

Stupid Stress:

1. Debt & Spending
2. Bad Relationships
3. Social Status
4. Being Negative/Critical
5. Being Lazy
6. Drama

Luke 21:34

Be careful, or your hearts will be weighed down with carousing, drunkenness and the anxieties of life, and that day will close on you suddenly like a trap.

Ecclesiastes 2:22-26

²² What do people get for all the toil and anxious striving with which they labor under the sun? ²³ All their days their work is grief and pain; even at night their minds do not rest. This too is meaningless.

²⁴ A person can do nothing better than to eat and drink and find satisfaction in their own toil. This too, I see, is from the hand of God, ²⁵ for without him, who can eat or find enjoyment?

²⁶ To the person who pleases him, God gives wisdom, knowledge and happiness, but to the sinner he gives the task of gathering and storing up wealth to hand it over to the one who pleases God. This too is meaningless, a chasing after the wind.

TODAY'S TRUTH

We can stress less by learning to make God's plan our plan.

Discussion Guide

Introduction

Don't stress. People say that all the time. But isn't that the worst advice to give a person that is stressed out? Life will always include stress. So maybe the solution isn't to stop being stressed, but rather learning to stress less.

Discussion

What are you currently stressed about?

How do you usually deal with stress?

Read Luke 21:34

Jesus tells us to be careful not to let our hearts get weighed down by careless living. In what ways do we see this happening in our lives today?

Describe a time in your life when you were living carelessly?

Read Ecclesiastes 2:22-26

What is currently causing you grief and pain?

What kinds of things keep you awake at night?

Often our stress comes from not being satisfied with life.

How can we find satisfaction in this life?

How does pleasing God lead us to wisdom, knowledge, and happiness?

What pleases God most?

THANK YOU FOR YOUR GENEROSITY!!!

Your giving provides ministry that changes lives.

	<u>Last Week</u>	<u>Year-to-Date</u>	<u>Attendance</u>
Giving Needed:	\$9,280	\$315,520	Last Week: 407
Giving Received:	\$9,200	\$346,394	
Online Giving:	www.cornerstonecc.church/give/		
Mobile Giving:	Text "GIVECCC" to 77977 Msg & Data rates may apply.		