



Part 1: More or Less

What is Stress?

Stress comes from fear.

Fear is misplaced faith.

Stress is focusing on the worst possible outcome.

Romans 8

¹⁴ For those who are led by the Spirit of God are the children of God. ¹⁵ The Spirit you received does not make you slaves, so that you live in fear again; rather, the Spirit you received brought about your adoption to sonship. And by him we cry, "Abba, Father."

Exodus 34

⁶ And he passed in front of Moses, proclaiming, "The LORD, the LORD, the compassionate and gracious God, slow to anger, abounding in love and faithfulness, ⁷ maintaining love to thousands, and forgiving wickedness, rebellion and sin. Yet he does not leave the guilty unpunished

Who is God?

- Compassionate Faithful
- Gracious Forgiving
- Patient Just
- Loving

TODAY'S TRUTH
We can stress less by learning to trust God more.

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?
- What are some common areas that we all get stressed about?
- How do you usually deal with stress?

Read Romans 8:14-15

- How does knowing that we are children of God help us with stress?
- What does it mean to be a slave to fear?
- What is the solution to fear in this passage?

Read Exodus 34:6-7

- Talk about each of the characteristics of God and what they mean to you.
- How can knowing who God really is help us with stress?

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	<u>Last Week</u>	<u>Year-to-Date</u>	<u>Attendance</u>
Giving Needed:	\$9,280	\$296,960	Last Week: 357
Giving Received:	\$16,570	\$330,536	
Online Giving:	www.cornerstonecc.church/give/		
Mobile Giving:	Text "GIVECCC" to 77977 Msg & Data rates may apply.		