

# LIFE

## Group Study Guide May 16, 2010 David Clayton "Handling Pressure"

### Opening:

**SPELL THE WORD STRESSED BACKWARDS: What does it spell?**

**Discussion Starters:**

**Consider these quotes on stress. Explain what you think they mean:**

- "It's not stress that kills us; it is our reaction to it."  
—Hans Selye
- "Adopting the right attitude can convert a negative stress into a positive one." —Hans Selye
- "The greatest weapon against stress is our ability to choose one thought over another." —William James

**Prevention magazine** says, "Almost nine out of ten adults have experienced serious stress. More than four out of ten adults suffer adverse health effects from stress, and some estimates suggest that 75 percent to 90 percent of all physician office visits are for stress-related complaints."

1. What are some common causes of stress?
2. How do most people cope with stress?
3. What causes you stress?

### DIG

**Read Colossians 4:7-17**

Paul mentions several people who have been through incredible times of pressure. From the lesson this morning, what characteristics did the people listed display under pressure?

- Tychicus (v. 8)
- Onesimus (v. 9)
- Aristarchus (v. 10)
- Mark (v. 10)
- Epaphras (v. 11)
- Luke (v. 14)
- Archippus (v. 17)

## **REFLECT**

### **The PETE principle and pressure.**

**P** \_ people bring pressure and stress.

Read Luke 10:38-42

What was it about Martha's personality that created pressure and stress to herself and those around her?

Look at the list from Colossians 4 again? Who on that list might have done this to Paul?

**E** \_ events bring pressure and stress

The list in Colossians 4 reveals how the people around Paul responded to pressure.

Think of some events that Paul faced that were pressure.

- Are there any events in your life right now that pressured pack?

**T** \_ thoughts can bring pressure and stress.

Read Psalm 13

1. How did David work through his thoughts in this Psalm?
2. What does this tell you about the importance of being honest about our stressful thoughts?
3. What does David eventually do with his negative thoughts?

**E** \_ emotions can bring pressure and stress.

Give examples of how your emotions cause stress.

1. Does stress cause anger or does anger cause stress? Explain.
2. How does dissatisfaction with yourself create stress?
3. How does hopelessness create stress? What can we do to counteract it?
4. How does anxiety create stress? What's the solution?

## **PRAYER**

## **REMIND**

1. After this evening, there are only 2 Life Group meetings left (23 & 30). The last group study Guide will be for the 23<sup>rd</sup> because the last meeting is suppose to be a fellowship and wrap party type of meeting.
2. What about summer offerings? We are having several small groups at the building plus a class in the auditorium. Sign up sheets in the foyer.

