

Till Stress Do Us Part: Feb. 2

//DISCUSS

- Q1 – What things seem the most stressful in your life right now? Major or minor stresses?
MAJOR – The big disruptions, often centered around events.
MINOR – All the little things that require ongoing mental, physical, & emotional energy.
- Q2 – Under stress what is your tendency?
1. Fight (like a cobra)
2. Flight (like a deer)
3. Freeze (like a opossum)
- Q3 – How much do you feel like stress is impacting your relationships? In what ways?
- Q4 – Galatians 6:2 tells us to carry each other's burdens... It is hard to carry a burden for someone when they don't share what they are stressed about.
Do you tend to share what you are carrying or keep it to yourself?
Do you notice the stress those in your life are carrying?

Challenge: Identify the mental load that each of you carry and how stressful each item is.

//READ

- Esther 2-4
- Gal. 6:2
- Eph. 4:15-16

//PRAY

Lord, we pray that you would help us to recognize the mental load we are carrying and that of others as well. Help us to look to you to carry our burdens and to rely on the relationships of those you have put in our lives.