

Grace Group Discussion Guide

For the week of December 2 - 8, 2018

Main Thought and Passages:

There are many causes of stress in our lives. The main reason is that we live in a fallen world because of sin. Psychologists say during the Christmas season, people fall into the deepest bouts of depression and use negative coping mechanisms to deal with their stress. However, this Christmas season, we celebrate the entry of our Savior, Jesus Christ, in the form of a baby who came to overcome the world. Jesus came to give us His peace which surpasses all human understanding. One of Jesus' names is Jehovah Shalom, meaning "the Lord our Peace." In scripture, Jesus provides us with a road map to deal with stress properly. We decide not to worry about anything, pray about everything, think about the right things, be content with our things, and trust God for all things.

"I have told you these things, so that in me you may have peace. In this world you will have trouble. But take heart! I have overcome the world." (John 16:33 NIV)

"Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. ⁷And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus. ⁸Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things. ⁹Whatever you have learned or received or heard from me, or seen in me—put it into practice. And the God of peace will be with you... ¹⁹And my God will meet all your needs according to his glorious riches in Christ Jesus." (Philippians 4:6-9, 19 NIV)

Reflection:

- What stands out to you from the main thought and passages above and why?
- How have you coped with stress in the past and how are you coping with stress now in the present?

Application:

- How is God calling you to help others deal with and overcome their areas of stress?

Prayer:

- Pray for each other and for our Pearlside 'Ohana to be conduits of blessing during this stressful season.
- Pray that God would draw your unsaved family and friends closer to Him and for open doors to share the gospel.