

Thriving in Stressful Seasons

Galatians 6:9-10

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You're Gonna Make It

Reflect

Outline: Recap

Realize

Points to Ponder

Respond

Questions to draw out understanding.

REFLECT

Nobody likes getting stressed out. We have never met someone who woke up and said that they were excited for an exceedingly stressful day. Unfortunately stress is an ever present part of our lives. Stress is our physical response to the many pressures that we experience in our fallen world. But Jesus invites us to not just survive times of stress, but to actually thrive in the midst of it. But how? Come and find out!

REALIZE

1. Don't grow weary

- **Scripture Reference;** Isaiah 40:31
- **Leader Notes**
 - Over time the continual experience of stress picks away at our resilience.
 - We have to make sure we experience times of rest to avoid weariness.
- **Questions for Reflection**
 - Where am I starting to grow weary?

2. A harvest is coming

- **Scripture Reference;** James 5:7-8
- **Leader Notes**
 - The hope to come helps us endure stressful situations.
- **Questions for Reflection**
 - How does the hope of a harvest make the work easier?

3. So keep on keeping on

- **Scripture Reference;** Titus 3:8
- **Leader Notes**
 - Do good to all people, at all times because that is who Jesus is to us.
- **Questions for reflection**
 - Why is doing good a challenge to sustain?

Optional Follow-up Questions:

- What makes you say that?

- How do you feel about that?
- How would you explain your answer to a non-Christian friend or neighbor?
- Why did God design it to work that way? Why not just do (whatever else) instead?
- What would you say to someone who disagrees with that?
- Why do we really have to do it like that? Why can't we just go (some other route) instead?