



## Part 4

### Big Idea

In this message, Pastor Chris provides us with promises and principles from the Bible to help us deal with stress in our lives. Jesus predicted that life would be full of troubles and stress and, while He didn't promise stress would go away, He does promise that we can rise above it. Two main causes of stress in our lives are how we spend our time and our money. We need to get these in order so that we can find rest. God provides us a perspective in the middle of our stress so we can find peace. We can rise above the stress by living with a sense of our eternal purpose and urgency, putting first things first, and setting our hearts on Heaven. There will always be troubles in our life, but thankfully, Jesus offer us more than a better now; He offers a better place with Him in Heaven.

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

### Discussion Questions

- Since we don't have enough time or money to do everything, we need to learn how to eliminate non-essential things from our lives. Since we know that our time and money are limited discuss some guidelines you use to determine when to say yes and no. Share how eliminating less important things have helped you make room for what God has called you to do.
- Pastor Chris presented three principles for finding rest - living with a sense of purpose and urgency, putting first things first, and keeping our hearts set on Heaven. Share things you are doing - or could do - to live focused on our heavenly home and rewards. Explain how remembering earth is temporary has helped reduce your stress.
- Share with the group what changes you would make in your daily activities and lifestyle if you knew you had only 30 days left to live. Un-package how you would prioritize the things in your life that matter most.

### Prayer Focus

As you pray this week, ask God to show you more clearly His purpose for your life and how you should spend your remaining days on the earth. Pray for Him to help you rise above your stress and troubles, and thank him for giving you the promise and hope of a better place with Him in Heaven.

### Next Step

Take time to look at where you spend your time and money and see if it lines up with your priorities and God-given purpose. If not, make some changes! Identify ways you can reduce stress by spending less time on things of little eternal value to make room for the important things. And if you are unsure of God's purpose for you, go through the Growth Track and discover - or re-discover - your purpose.

### Leader Tip

Encourage your group members to set aside time to plan their lives around their God-given purpose. Share what you do to live with an eternal focus and how that minimizes stress. Also, for members that are newer to the faith and still seeking their purpose, encourage them to be water baptized and to go through the Growth Track. Information on Baptism and the Growth Track can be found at [www.churchofthehighlands.com/connect](http://www.churchofthehighlands.com/connect).