



Your group matters.

DISCUSSION GUIDE

- Icebreaker -

What is the farthest you've ever been from home and what brought you there?

1. Read [Matthew 14:23](#), [Mark 6:46](#), and [Luke 6:12, 5:16](#). These scriptures give evidence that Jesus' prayer life was both consistent and persistent. What two words would you use to describe your prayer life and why?
2. Pastor Tom described prayer as "a spiritual and emotional decompression chamber." What are some of your current "decompression" strategies and how might exchanging them for prayer better serve to reduce your stress?
3. Read [Philippians 4:6](#). Pastor Tom said that a key to overcoming stress and worry is to replace it with prayer and gratitude. Since "replacing" requires an intentional choice, what will you choose to do differently to replace your stress and worries with gratitude for God's provision and care?
4. Read [Philippians 4:7](#). Pastor Tom said that the difference between God's peace and the peace the world gives is that God's peace is not based on favorable circumstances, but rather on your relationship with Him. With this in mind, what can you do over time to ensure you experience this "peace that passes all understanding" when facing stress and challenges in life?
5. Read [Psalm 46:10a](#). Pastor Tom suggests that one reason we don't find rest in prayer is because our lives are constantly distracted by the "chatter" of our phones, screens, and devices. How will you silence the distractions and provide the stillness needed to experience the peace of God in prayer?

Day One: [Psalm 42](#)

Day Two: [Proverbs 11](#)

Day Three: [Judges 18](#)

Day Four: [Isaiah 42](#)

Day Five: [Acts 14](#)

This Personal Guide has been adapted from Professor Grant Horner's Bible Reading System.

PERSONAL GUIDE



From to
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"HOW IS YOUR CONNECTION?"

MAR 12, 2023

PASTOR TOM LUNDEEN

MYRC.CHURCH



"HOW IS YOUR CONNECTION?"

Pastor Tom Lundeen

MESSAGE NOTES

...Jesus experienced _____ levels of stress throughout every week of His earthly life.

So when you feel stressed, know Jesus _____ what you're experiencing.

Today our focus is on a powerful stress relief _____:

1. _____ (note [Mark 1:35](#))

As busy and _____ as Jesus' life and ministry was, He took time to pray (note [Matthew 14:23](#); [Mark 6:46](#); [Luke 6:12](#); [5:16](#)).

Prayer is many things; but one thing for sure is that it is a tremendous tool God gives us to lessen our stress and _____ (note [Philippians 4:6-7](#)).

God has designed prayer to be a spiritual and emotional decompression _____.

You can't _____ stress and worry by just telling yourself not to worry.

You have to replace the worry and stress with something _____ than it.

Anxiety and prayer are two great _____ forces in Christian experience. (Gaffin)

The combination of prayer and gratitude is the powerful _____ for stress and worry.

(Note [Philippians 4:6](#); [Luke 10:21](#); [John 11:41](#)).

Take the _____ it takes to worry and be stressed out and use it instead to pray and be thankful.

God's peace (not a temporary moment of human tranquility produced by _____ circumstances, but an actual inner tranquility based on a personal relationship with God because in Jesus, my sins are forgiven, and this God-given, supernatural peace is one of His incredible _____ to His followers). (Note [Philippians 4:7](#)).

God's peace places us in His _____ no matter what difficult and stressful circumstances we may be navigating. So why is prayer something we don't practice very much?

2. We don't Know How to Be _____ (note [Psalm 46:10a](#))

...because of our _____ and technology, in our vehicles, homes, and just about anywhere we go, there's chatter, music, and noise of some kind.

The reason why many people don't _____ is they can only hear noise and feel stress.

It's the _____ habit of human beings to run faster when they have lost their way. (Rollo May)

From Stress to Rest in 2023:

- We _____ our day wrong...
- Make a _____ of starting the day by being still, being quiet, and talking to God and Him talking to you.
- Are you so overwhelmed by noise and stress that you don't know Jesus?

Tell someone about the next step you took today in your spiritual journey! Let us know, too, and fill out our connect card (digital* or hard copy).

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SMALL GROUP
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"HOW IS YOUR CONNECTION?"

Pastor Tom Lundeen

MESSAGE NOTES

...Jesus experienced incredible levels of stress throughout every week of His earthly life.

So when you feel stressed, know Jesus understands what you're experiencing.

Today our focus is on a powerful stress relief valve:

1. Prayer (note [Mark 1:35](#))

As busy and full as Jesus' life and ministry was, He took time to pray (note [Matthew 14:23](#); [Mark 6:46](#); [Luke 6:12](#); [5:16](#)).

Prayer is many things; but one thing for sure is that it is a tremendous tool God gives us to lessen our stress and anxiety (note [Philippians 4:6-7](#)).

God has designed prayer to be a spiritual and emotional decompression chamber.

You can't eliminate stress and worry by just telling yourself not to worry. You have to replace the worry and stress with something greater than it.

Anxiety and prayer are two great opposing forces in Christian experience.
(Gaffin)

The combination of prayer and gratitude is the powerful antidote for stress and worry (note [Philippians 4:6](#); [Luke 10:21](#); [John 11:41](#)).

Take the energy it takes to worry and be stressed out and use it instead to pray and be thankful.

God's peace (not a temporary moment of human tranquility produced by favorable circumstances, but an actual inner tranquility based on a personal relationship with God because in Jesus, my sins are forgiven, and this God-given, supernatural peace is one of His incredible gifts to His followers). (Note [Philippians 4:7](#)).

God's peace places us in His protective custody no matter what difficult and stressful circumstances we may be navigating.

So why is prayer something we don't practice very much?

2. We don't Know How to Be Quiet (note [Psalm 46:10a](#))

...because of our phones and technology, in our vehicles, homes, and just about anywhere we go, there's chatter, music, and noise of some kind.

The reason why many people don't know God is they can only hear noise and feel stress.

It's the ironic habit of human beings to run faster when they have lost their way. (Rollo May)

From Stress to Rest in 2023:

- We start our day wrong...
- Make a habit of starting the day by being still, being quiet, and talking to God and Him talking to you.
- Are you so overwhelmed by noise and stress that you don't know Jesus?

Tell someone about the next step you took today in your spiritual journey! Let us know, too, and fill out our connect card (digital* or hard copy).

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