

**BURNING QUESTIONS: Honest answers to the questions people are really asking.**

**WEEK 1:** Does Jesus really help with anxiety, depression, and stress — or does He just add guilt?

**Core Truth:** Jesus doesn't pile guilt on — He lifts burdens off.

**Trustworthy Statement:** Jesus doesn't add weight; He carries it.

**Day 1 — Matthew 11:28–30 (CSB)**

Question: What burden am I carrying right now that Jesus is actually inviting me to release to Him?

**Day 2 — Psalm 55:22 (CSB)**

Question: What would it look like for me to actively hand over my stress to God instead of just holding onto it?

**Day 3 — Isaiah 41:10 (CSB)**

Question: Where do I need to trust God's presence more than my feelings right now?

**Day 4 — Hebrews 4:14–16 (CSB)**

Question: Do I approach God expecting grace or bracing for guilt—and why?

**Day 5 — John 14:27 (CSB)**

Question: What is one specific situation where I need to receive Jesus' peace instead of relying on my own control?

**Take time to practice SOAP:**

Scripture: What stands out?

Observation: What is God revealing?

Application: What needs to change?

Prayer: Talk to God about it.