



# Discussion Guide

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What was your big takeaway from the message?

What are you planning to do as a result?

How can we pray for you?

## BONUS OPTIONS

1. Do you remember a time in your life you were tempted to fret because of how someone wronged you?
2. Of the 4 parts of the plan to live fret-free which do anticipate being hardest to implement?
3. As you reflect on the story of David, Nabal and Abigail what most encourages you?