

**Discussion Questions:**

1) Are you the type of person that worries about the future?

2) Are you the type of person who lives in the past wishing that you can change what has already happened?

3) Do you think that certain advertisements movies and TV encourage people's stress and anxiety? Give examples.

4) What happens to you physically when you get stressed out?

5) What happens to you mentally/ emotionally when you get stressed out?

6) Do you put God first when things seem out of control?