

# **DEALING WITH STRESS**

**"DO NOT WORRY ABOUT YOUR LIVELIHOOD, WHAT YOU ARE GOING TO EAT OR DRINK OR USE FOR CLOTHING" MATT 6:25**

**WHAT ARE THE THINGS YOU FIND STRESSFUL AT THIS TIME? WHY?**

**DO YOU FIND YOURSELF WORRYING ABOUT THE FUTURE? WHY OR WHY NOT?**

**DO YOU OFTEN LIVE IN THE PAST WISHING YOU COULD CHANGE WHAT HAS ALREADY HAPPENED? WHAT SITUATION(S)?**

**WHAT MOVIES, COMMERCIALS, TV SHOWS ENCOURAGE PEOPLE TO STRESS OUT?**

**WHEN YOU GET STRESSED OUT WHAT HAPPENS TO YOU PHYSICALLY? EMOTIONALLY?**

**WHEN THINGS GET CRAZY, DID YOU EVER FIND PUTTING GOD & HIS WILL FIRST HELPED? HOW?**