
HARD TIMES

2. Stressed Out

Start off with feedback from Sunday's message. What did those that were there - or those that have caught up online - take away from it? What encouraged them, what informed them and what challenged them?

Read 1 Kings 19.1-18

3 *Elijah was afraid and ran for his life. When he came to Beersheba in Judah, he left his servant there, 4 while he himself went a day's journey into the wilderness. He came to a broom bush, sat down under it and prayed that he might die. 'I have had enough, Lord,' he said. 'Take my life; I am no better than my ancestors.'*

- What struck you most about Matt's story of depression and anxiety?
- What's your experience of stress? Have you ever been at the Burn Out stage – or beyond?
- How do you usually respond to stress? Do you ever find yourself turning to alcohol or comfort food? Does it make you more aggressive or more passive?
- Do you maintain regular rhythms of rest? What are the challenges of making a 'Sabbath' principle (six days on, one day off) part of your lifestyle?
- Do you maintain a Healthy Diet? What does that look like for you? What things do you need to avoid?
- Why do you think God speaks more often in a whisper than through earthquake, wind and fire? Do you create regular time and space to catch that 'whisper voice'?
- What are your best ways of keeping Spiritually Refreshed and close to Jesus?

Big Idea: The best way to deal with stress is to make sure you get Regular Rest, a Healthy Diet and, most of all, effective Spiritual Refreshment.

Pray for one another in twos and threes. Pray particularly for those experiencing stress and anxiety right now. Pray for an encounter like Elijah had. Pray for the ability to make good lifestyle choices on Rest, Diet and Spiritual Refreshment.

Pray also for your friends outside church going through stress and hard times. Pray for them to encounter the grace of God. Pray for opportunities to bless them and share a message of hope with them.