






	<p>The Battle Within: Pursuing Emotional Health - Stress & Burnout</p>
 BIG IDEA	<p>Stress is not a bad thing. Stress causes growth. Too much stress is a bad thing.</p>
 ICE BREAKER	<p>If you could instantly eliminate one daily stressor from your life, what would it be and why?</p>
 MAIN POINTS	<ul style="list-style-type: none"> ● Stress is a natural response to challenging situations and can be both good (eustress) and bad (distress). ● Burnout occurs when prolonged stress leads to mental and physical exhaustion. ● God cares about our struggles and wants us to rely on Him during stressful times. ● Growth often comes through facing and overcoming stress.
 DISCUSS	<ol style="list-style-type: none"> 1. What most stood out to you from the message this weekend? 2. How do you typically respond to stress? Do you tend to try handling everything yourself, or do you find it easy to turn to God and others for support? 3. Pastor Cal mentioned that stress can be both good (eustress) and bad (distress). Can you share an example from your own life where stress led to personal growth? 4. The sermon emphasized the importance of setting boundaries and delegating tasks, as seen in Exodus 18. In what areas of your life might you need to set better boundaries or learn to delegate? 5. Pastor Cal mentioned that "Your faith should replenish you, not deplete you." What practices or habits have you found helpful in making your faith a source of strength rather than an additional burden? 6. Pastor Cal emphasized surrendering our stresses to God. What does this look like in practical terms, and how can we make it a regular part of our lives?
 NEXT STEP	<p>What practical steps can you take this week to better manage stress in your life and prevent burnout?</p>
 SCRIPTURE	<p>Philippians 4:6-7 Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.</p> <p>Isaiah 41:10 So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand.</p>
 NEXT WEEK SNEAK PEAK	<p>Join us next week as we continue a series called The Battle Within: Pursuing Emotional Health. Come join us and bring a friend!</p>

Questions or Feedback? Email Groups@CentralAZ.com