



# SMALL GROUP LEADER GUIDE

## Stressed Out / Week 1

PRELUDE

SOCIAL

WORSHIP

STORY

GROUPS

HOME

## LEADER PREP

### BOTTOM LINE

Cast your cares on Him because He cares for you.

### SCRIPTURE

*"Cast all your anxiety on him because he cares for you" (1 Peter 5:7 NIV).*

### GOAL OF SMALL GROUP

To help students understand that God can give them ways to deal with their stress in a healthy way.

### THINK ABOUT THIS

Leaders—there's a difference between healthy stress and being stressed out. Sometimes students experience healthy stress that pushes them to study, practice, or work hard. But when they're stressed out, it can paralyze them and keep them from moving toward action at all. This week, help your students recognize the difference.

## CONVERSATION GUIDE

**Create meaningful conversation. Adjust the questions as needed, and don't feel like you need to answer all of them.**

### DISCUSSION QUESTIONS

1. What are some things that stress you out?
2. What's the difference between good stress and being negatively stressed out?
3. What are the physical affects you feel when you're stressed out?
4. When you're stressed, how does it affect the way you act or treat others?
5. No right or wrong answer here: What do you think it means to "throw" your anxieties on God?
6. Name one person you can talk to when you're feeling stressed out.
7. What's one stress-managing thing you can do to help you deal with stress? (*Writing, journaling, coloring, breathing habits, exercising, going for a walk, etc.*)
8. What's one way that learning to manage stress would change your life now?

### TRY THIS

Leaders—pray for your students this week about the things that are actually stressing them out. Then text them and let them know that you've been praying specifically for them!