



SMALL GROUP LEADER GUIDE

Stressed Out / Week 3

PRELUDE

SOCIAL

WORSHIP

STORY

GROUPS

HOME

LEADER PREP

BOTTOM LINE

Choose joy now.

SCRIPTURE

The crowd joined in the attack against Paul and Silas, and the magistrates ordered them to be stripped and beaten with rods. After they had been severely flogged, they were thrown into prison, and the jailer was commanded to guard them carefully. When he received these orders, he put them in the inner cell and fastened their feet in the stocks. About midnight Paul and Silas were praying and singing hymns to God, and the other prisoners were listening to them (Acts 16:22-25 NIV).

GOAL OF SMALL GROUP

To help students understand that they can't control the future, but they CAN control how they choose to respond to stress today!

THINK ABOUT THIS

Leaders—as your students share their stress about the future, look for opportunities to help. You don't need to fix every situation, but helping them with something practical might take a lot of their stress away!

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 lead you to worry about the future?
2. How does worrying about the future negatively affect your life?
3. Paul and Silas had no idea what was going to happen as they sat in prison. What's one area where you don't know what's going to happen next, and it has the potential to stress you out?
4. What are some of your options when you face stress?
5. Even if you're not sure what you think about God, how can praying when you're stressed about the future be helpful?
6. You don't have control over the future, but you *do* have control over your response. What's one response you can choose when you start to stress about the future?

TRY THIS

Leaders—remind your students to carry their Scripture cards around with them this week and to read them in moments they're feeling stressed out.