



SMALL GROUP LEADER GUIDE

STRESSED OUT | WEEK TWO

BOTTOM LINE | Endurance leads to enjoyment

GOAL OF SMALL GROUP |

Our goal tonight is to help students understand that there are things that are out of their control, but what they can always control is how much they allow God to help.

SCRIPTURE |

Psalm 16:11 / Psalm 73 / Psalm 34:8

QUESTIONS |

1. What are some things that you wish you had complete control over? Relationships? Sports? Parents?
2. When you feel stressed do you try to take control or just give up? What does that look like?
3. What would it look like for you to give up control in times of stress?
4. Which one of the following do you think you need to start doing? Remember? Pray? Look? Obey?

NEXT STEPS | Based on their individual answers to questions one and four, spend some time praying for each of your Small Group Students this week.