**TITLE: GOD’S ANSWERS TO LIFE’S DIFFICULT QUESTIONS**

**SESSION ONE: HOW CAN I COPE WITH STRESS?**

**KEY VERSE: Cast your cares on the Lord and he will sustain you; he will never let the**

 **righteous fall.**

 **Psalms 55:22 (NIV)**

**INTRODUCTION:**

**Jesus summarized the secret of stress management when he said:**

 **28** “Come to me, all you who are weary and burdened, and I will give you rest. 29 Take my yoke upon and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. 30 For my yoke is easy and my burden is light.”

 **Matthew 11:28-30(NIV)**

**THREE KEYS TO STRESS MANAGEMENT**

**1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_ to Jesus.**

* Jesus says, “I will give you rest for your souls.” This is much deeper than physical rest. This is \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

29 He gives power to those who are tired and worn out; he offers strength to the weak, , , 31 those who wait on the Lord will find new strength.

 **Isaiah 40:29,30 (NLT)**

* The antidote for an overloaded soul is a \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

**2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ His Yoke.**

 If you want to lighten your load, you need to let go of control.

 A yoke is a wooden beam that attaches two farm animals together. By sharing the load, they lighten the load.

* A yoke is a symbol of \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

Pile your troubles on God’s shoulder –he’ll carry your load, he’ll help you

 out.

 **Psalm 55:22(MSG)**

Jesus says, “Join up with me, connect with me, get attached to me, put on the yoke with me and I’ll carry the load with you”.

* A yoke is a symbol of \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

 Oxen yoked together are controlled by the master; when you are yoked with

 Christ you are controlled by God.

* When you’re yoked with Christ you move together in the same \_\_\_\_\_\_\_\_\_\_\_\_

and at the same \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

 Since we live by the Spirit, let us keep in step with the spirit.

 **Galatians 5:25(NIV)**

 Our lives get in step with God . . . by letting him set the pace, not by proudly or anxiously trying to run the parade.

 **Romans 3:28(MSG)**

Who’s setting the pace in your life right now? Let God be your pacesetter.

**3. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ to trust.**

 Learn to trust by following Jesus’ model. Study how Jesus lived and do what he did, and you’ll have the same kind of peace that Jesus had.

 Learning is a process . . . it takes time. Your habits of a hurried, worried lifestyle didn’t start yesterday, and they won’t go away overnight. You’ve got to unlearn some old things. And you’ll have to learn some new things from Jesus.

* Jesus’ secret of peace: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ to the Father.

 If you are at the breaking point from overload, come to Jesus, Take up his yoke. Learn to trust. Let Jesus be your pacesetter and find rest for your soul.

**DISCOVERY QUESTIONS:**

1.) Rick asked, “Who’s setting the pace for your life right now?” How would you answer that question?

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2.) Why do you think we tend to overload our schedules? What steps can help keep us from doing in the future?

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3.) How can we take on Jesus’ yoke? What does that look like to you?

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4.) In what area of your life do you need rest for your soul?

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5.) Where are you in learning to trust God? Share honestly with your group and ask for prayer to grow in this process.

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