

LIKE
JESUS



Those who say they live in God should live their lives as Jesus did. 1 John 2:6 (NLT)

- God's goal for your life is to make you **like Jesus**.

For from the very beginning God decided that those who came to him—and all along he knew who would—should become like his Son... Romans 8:29 (TLB)

Put on your new nature, and be renewed as you learn to know your Creator and become like him. Colossians 3:10 (NLT)

What we **love** in life shapes our **behavior** in life.

We value **heaven** above this world because heaven is our home.

...we are citizens of heaven, where the Lord Jesus Christ lives. And we are eagerly waiting for him to return as our Savior. Philippians 3:20 (NLT)

How I value **others** shapes my attitude toward others.

If I want my words to reflect Jesus, I need to nurture a **pure heart** because it is the source of my words.

For whatever is in your heart determines what you say. Matthew 12:34 (NLT)

Some sources of our stress:

- Unmet **expectations**.
- Unreliable **relationships**.
- Uncontrollable **circumstances**.
- Unmanaged **time**.
- Unfocused **life**.
- Unknown **future**.

Give all your worries and cares to God, for he cares about you. 1 Peter 5:7 (NLT)

3 habits that address stress:

- Jesus made time to be **alone**.

At daybreak, Jesus went out to a solitary place... Luke 4:42a (NIV)

Jesus went to a lonely place... Luke 4:42a (NCV)

We have to make time to **unwind**.

The crowds searched everywhere for him, and when they finally found him, they begged him not to leave them. Luke 4:42:b (NLT)

Preventing stress requires healthy **boundaries**.

But he replied, "I must preach the Good News of the Kingdom of God in other towns, too, because that is why I was sent." Luke 4:43 (NLT)

Sometimes you have to say no to **good** things in order to say yes to **essential** things.

But Jesus often withdrew to lonely places and prayed. Luke 5:16 (NIV)

Application Step: Schedule time to **recharge**.

- Jesus invested time with the **Father**.

We have to make time to **recharge** and **refocus**.

We always move **toward** what we focus on.

Jesus went out to a mountainside to pray... Luke 6:12 (NIV)

Jesus was praying in private... Luke 9:18a (NIV)

Application Step: Invest time everyday with your heavenly **Father**.

- Jesus cultivated **community**.

He appointed twelve that they might be with him and that he might send them out to preach. Mark 3:14 (NIV)

He went to Nazareth, where he had been brought up, and on the Sabbath day he went into the synagogue, as was his custom. Luke 4:16 (NIV)

We are **cared for** best by those that know us most.

Then he (*Jesus*) said to them, "My soul is overwhelmed with sorrow to the point of death. Stay here and keep watch with me." Matthew 26:38 (NIV)

Application Step: Commit yourself to others in a **Connection Group**.



TO CREATIVELY LOVE AND LEAD PEOPLE IN A GROWING RELATIONSHIP WITH JESUS.

Questions for Connection Groups:

These questions also work well for personal time with God.

- What scripture and/or point spoke most to you from the Talk on Sunday? Explain why?
- On a scale from 1 through 10 (1= not at all, 10= a monk) How much of a priority is it for you to be like Jesus?
- What is one thing in your life that causes the most stress?
- From the list provided ("Some sources of our stress), what cause the most stress in you? How do you deal with stress?
- Do you find that giving your worries to God and allowing your worries to shape your prayers, does that help your stress levels? Explain.
- Do you value getting away by yourself and being alone? How does this help us with stress?
- Why do we need healthy boundaries to deal with stress? Is it difficult for you to say "No" to people? Explain
- How do we schedule time to recharge?
- Do you value spending time with your Heavenly Father? (Of course you're going say yes) How does this help with our stress levels?
- How does spending time with God help us to recharge and refocus? How does that address our stress?
- How does cultivating community deal with our stress?
- Do you find that your stress goes down when have people to pray with you , encourage you and care for you?

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