



- The pursuit of truth is an expression of **wisdom**.

Fools have no interest in understanding; they only want to air their own opinions. Proverbs 18:2

Wise men and women are always learning, always listening for fresh insights.  
Proverbs 18:15

What we worry about **most** reveals where we trust God **least**.

Cast all your anxiety on him because he cares for you. 1 Peter 5:7

- If you are constantly stressed, you are **carrying** something that is not **yours**.  
Take my yoke upon you. Let me teach you, because I am humble and gentle at heart, and you will find rest for your souls. For my yoke is easy to bear, and the burden I give you is light. Matthew 11:29-30

#### **Some sources of our stress:**

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

#### **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)

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

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

Turn my eyes away from worthless things; preserve my life according to your word. Psalms 119:37

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

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

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)

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**.

- Jesus lived an **authentic** life.

"Do you want to stand out? Then step down. Be a servant. If you puff yourself up, you'll get the wind knocked out of you. But if you're content to simply be yourself, your life will count for plenty. Matthew 23:11-12 (MSG)

**Application Step:** Commit to **being** who God created you to be.



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

Questions that can be used in 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?
- What is one thing in your life that causes the most stress?
- From the list provided ("Some sources of our stress"), what causes 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 you have people to pray with you, encourage you and care for you?

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Today's Talk..



How do I de-stress my life?

Sunday, May 28th, 2023

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