

LifeGroup Study Sheet

October 23rd and 26th 2025 – Battlefield of Your Mind – Stress

This guide is designed to give helpful hints in preparing for your group discussion.

Quick Review

Look back from your sermon notes – Was there anything that particularly challenged you from this sermon? Anything you didn't understand, agree with or connect with?

Introduction

Pastor Jeff talked about 4 different types of stress that the American Institute of Stress labels. Eustress (good), Distress (bad), Acute (short term), Chronic (long term).

Did this help you in how you think about your stress? Which category do you typically fall into when you are stressed? When you're stressed or overwhelmed, what's your go-to coping mechanism? (Prayer, planning, talking it out, escape, etc.)

Digging In

Question 1: Read Mark 14:32-33 and Luke 22:44. The first point Pastor Jeff talked about was the stress that Jesus was feeling in the Garden of Gethsemane. The words, "distressed, troubled, anguish, and overwhelmed" were all included in these passages. What do we learn about Jesus' humanity from His emotions in this scene? How does it make you think about your own stress in certain situations? When you're under stress, what's your typical first response—prayer, distraction, control, avoidance, etc.?

Question 2: Read Mark 14:32-36. Pastor Jeff then talked about two more points, why Jesus was stressed and where He went when He was stressed! In **verse 36** we see that Jesus was stressed because of the "cup" or "wrath of God" that was about to be poured out on him for the sin that He was about to take on our behalf! How can prayer become a practical way to release control and trust God in your own "Gethsemane moments"? Why do you think the disciples fell asleep instead of praying? What might that reveal about how we often respond to pressure or spiritual fatigue? Where do you go to for seclusion, supplication, strengthening and surrender in prayer?

Question 3: Read John 10:11,14, 27. 1 Peter 2:25, Isaiah 40:29–31, 2 Corinthians 12:9–10.

Pastor Jeff concluded the sermon with how we handle stress when it comes. He gave some principles in the table below:

<u>We are overwhelmed because...</u>	<u>We can overcome when...</u>
1. We forget we are sheep	- We follow the Shepherd
2. We fail to be still	- We rely of His strength

3. We focus on self	- We commit as His servant
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Which of these reasons are a tendency of yours as to why you get stressed or overwhelmed? How can the reminders in the right side of the box be applied to your life when stress creeps in? Who do you have that can help come along side you and pray for you in those moments?

Question 4: Read This week, when you feel pressure building, take 5 minutes to stop and pray as Jesus did: honestly, humbly, and submissively—“Not what I will, but what You will.” How will you implement this practice this week?

Praise / Prayer Requests

Pray for your group with these things in mind:

Adoration – How can I praise God for what this teaches me?

Confession – What sin can I confess because of what this teaches me?

Thanksgiving – How can I thank God for what Jesus has done?

Supplication – What do I need to ask of God in order to grow in light of this?