

# PEACE IN / PEACE OUT

## LESSON 1 // ADJUSTING YOUR PERSPECTIVE

**Big Idea:** Stress is inescapable. It's an inevitable part of life. But this doesn't mean we're powerless in the face of it. The Bible teaches us that there are choices we can make in the presence of pressure that can turn stress into growth opportunities.

To handle stress the right way, we must learn God's way to manage it. He has given us clear instructions in His Word that help us grow from our stress rather than be damaged by it.

Psalms 23 provides wonderful guidelines for handling stress God's way. This begins with a changed perspective, and a changed perspective starts with getting into God's presence—we must go to God! Then we have to give up control as we recognize that He is in control.

After we go to God and give up control, we need to be ready to receive from Him. Replace grumbling with gratitude. Replace despair with hope. Replace fear with faith and God will give you what you need to handle any stress that comes your way.

***Psalms 23:1 (NIV)*** The Lord is my shepherd, I lack nothing. ***Psalms 23:1 (NLT)*** The Lord is my shepherd; I have everything I need.

### Start Talking:

- What's your go-to pastime when you're stuck at home?
- How has the coronavirus situation affected your day-to-day so far?

### Start Thinking:

- What type of impact has stress had on your life through this current season? How do you typically respond to stress?
- **Read Psalms 23:1.** How does applying this verse begin to impact our level of stress and anxiety?
- One of the points shared this weekend was: **Give up control.** Why is this so vital in our relationship with God?
- What is one thing that you can do this week to help you move towards giving up control and handing it over to God?

### Start Praying:

Pray boldly with (and for) your group. Ask the Holy Spirit to help all of you give up control and prepare to receive courage, boldness, joy and everything you need. Allow time for group members to praise God aloud and give thanks for what He is doing and will do.

### Start Doing:

- Reach out to a family member or friend and ask if there is a way that you can safely help them this week. Be available to encourage and pray with anyone you connect with.
- Attend church online this coming weekend - <https://church-redeemer.churchonline.org>. If possible host a watch party over Facebook with your group.