

PEACE IN / PEACE OUT

LESSON 2 // FINDING REST

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 23:1-2 (NLT) The LORD is my shepherd; I have all that I need. He lets me rest in green meadows; he leads me beside peaceful streams.

Start Talking:

- What's the biggest change that you've experienced these past few weeks?
- If you could choose one item to never run out of, what item would you choose and why?

Start Thinking:

- In verse 2 David speaks of the Lord's rest. Why would God want to give you rest in this current season?
- This week Pastor Dale shared four types of rest (spiritual, mental, relational and physical). While all types of rest are vital, which type of rest do you feel is most essential for you during this time?
- One of the points shared this past weekend was: **Rest starts with God.** If our spirit is not at rest, no other part of our life will be at rest. How can we experience spiritual rest that David is referring to?
- **Read Philippians 4:8.** A great source of stress can come from our thoughts and emotions. What are some practical steps that you can take this week to adjust your thinking so that you can find rest?

Start Praying:

Pray with (and for) your group. Ask your group members to share what area they need most rest in and spend a few moments praying together that these areas would surrender to God and that there would be great rest in their lives during this time.

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.