



## How to Handle the Stress of Your Life Part 1 (John 14:25-27)

### Small Group Questions

1. Reread John 14:25-27. What stands out to you? What is challenging to you?



2. What are some things that currently stress you out? Are these reoccurring stresses? How do you deal with them?

***“We have to understand that peace is a gift. You can't get it from Macy's or order it online. Peace of mind is not something you work for, earn, buy, or learn. It is a gift.”***



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3. What is peace? How do we get it? How do we lose it?

***“Peace is an internal thing. And if it's a gift from God, nobody can steal it. For you not to have peace means you have forfeited it or not unwrapped it.”***

4. Why is accepting God's gift of peace difficult? What can we do to help us freely accept this gift?

5. If the number one cause of stress is guilt, how do we deal with guilt in our lives? What are some common causes of guilt? How can we relinquish the hold of guilt in our lives?

