



**STRONGER
THAN STRESS**
BIBLE STUDY VIDEO
TEACHING LEADER GUIDE

Welcome! I'm thrilled that you're joining me for the Stronger Than Stress Bible study! This leaders guide has been created to equip you to facilitate your group's time together.

Whether you're leading a small group at your church, an online group or you're meeting with friends, this guide is for you! You can print out the entire guide or bookmark the tab on your device and access the digital version each week.

****NOTE: You'll watch the weekly videos AFTER completing your written study content for the week.***

Are you leading a group for the first time? Great! That's exciting! While you might not feel prepared, this leader guide will provide easy-to-follow instructions, discussion questions, additional resources and even some fun suggestions for you.

Here a suggested planning schedule for your weekly one-hour group gatherings:

Day Before...

It would be helpful for you to watch the video the day before so that you can absorb the material for your own growth experience. As a leader, it's easy for you to get distracted with questions or problem-solving while your group is watching. You can listen/watch one morning as you're doing your hair or play in the car on the way to work (be safe, though!).

1-2 Hours Before Group (Or Day Before)

- Review the connection question, discussion questions and additional resources. Print off the listening guide. If possible, send a text reminder to the other participants reminding them to download or print off their listening guides.
- If your group tends to run long on discussion, choose two of the most important discussion questions that you believe would benefit your group most.

Group Time

- 1. ARRIVAL/SETTLING IN** (10 minutes): If you're meeting in-person, you can encourage group members to bring a small snack to share or their own personal snack. If you're meeting online, you can encourage group members to do the same.
- 2. WELCOME/READ SAFE GROUP GUIDELINES** (5 minutes): After welcoming the group, especially any new people to the group, take time to read the Safe Group Guidelines in your *Stronger Than Stress Bible Study*. Even if your group has been meeting for a long time, the guidelines are a great way to pause and remind everyone to take care when listening and sharing with each other during discussion time. Also, these guidelines communicate a sense of safety, which can increase group connection and participation, especially for those who are new to the group.
- 3. PRAYER** – You can invite someone to pray before the start of the group. If someone wants to pray but hesitates, you can encourage them to read a prayer from one of the study day's that week.
- 4. WATCH VIDEOS/LISTENING GUIDE** – The videos are 16–22 minutes long and summarize the key concepts from each week's study. Remind the participants to have their listening guides available prior to the start of each group meeting.
- 5. POST-VIDEO** – Review answers in the listening guide. The answers are at the bottom of each lesson in this leader guide.
- 6. DISCUSSION TIME** (Suggested Time: 30 minutes): As the group leader, you can start with the connection question, which is intended to warm the group up and gives everyone a chance to know each other better. If your group tends to rabbit trail, then you can skip the connection question and jump right into discussion time.
- 7. TAKEAWAY TIME/NEXT STEPS:** Group discussion is powerful, but make sure to save ten minutes to ask your group about their takeaways or next steps. We want to be doers of the Word, not just hearers, so this portion of your group time gives participants a chance to declare where they believe God is calling them to think, believe or live differently. There are three questions and each person can choose one of the questions to answer.
- 8. PRAYER REQUESTS:** In addition to your regular prayer time as a group, you can distribute notecards at the beginning of each week and ask women to write down a prayer request or share a celebration. After group discussion time, the ladies can either pass the cards to the left or right OR put the cards in the middle and everyone draw one. This ensures that everyone is prayed over during the next week. *Online participants: If you're meeting virtually, you can pair up participants and prayer requests can be exchanged via text message.*
- 9. WRAP-UP:** It would be helpful for group members to open their Bible study guides to the next lesson. You can read the lesson title and the memory verse to help them look forward to the next week's lesson before you end the group meeting.

WEEK ONE GROUP DISCUSSION GUIDE

THIS WEEK'S MEMORY VERSE

Now may the Lord of peace himself give you his peace at all times and in every situation.

2 Thessalonians 3:16

CONNECTION QUESTION

Would you rather have someone cook dinner every night for an entire year or never get stuck by a red light for the rest of your life?

WATCH VIDEO/REVIEW ANSWERS IN LISTENING GUIDE

VIDEO DISCUSSION QUESTIONS (THREE QUESTIONS)

1. Barb identified four types of spinning plates that can contribute to our stress and overwhelm. Which type of spinning plate seems to be causing you the most stress lately?
2. Most of us can relate to King David's prayer in Psalm 55. Why is it so important for you to bring your stress and anxiety to God instead of trying to handle everything on your own? What are some clues that you are either not handling or trying to handle your overwhelm on your own?
3. Why is it important for you to understand that peace is found in Jesus instead of waiting for your circumstances to become less stressful?

THIS WEEK'S BOOK STUDY DISCUSSION QUESTIONS

1. Share something within this week's study material that you highlighted, circled, or otherwise noted. What was significant about that for you?
2. Look back through this week's lesson and share one scripture that was meaningful for you this week. Why did it resonate with you?
3. This week's study discussed the four stress starters: uncertain, unexpected, uncontrollable, and uncomfortable. Which one of these is more likely to spark a stress reaction in you and when? Why is it important for us to recognize that we all react to stress differently?
4. What are some stressors in your life that you need to stop blaming as your stress? Which relationships could be impacted or helped by making that distinction?
5. Read 2 Corinthians 11:24-28. Which of the stressful circumstances that Paul faced surprised you?

TAKEAWAY TIME (Everyone choose ONE to answer.)

- Did you sense an a-ha moment or discover something new during this week's study that helps you feel less stressed or overwhelmed?
- Is there a victory over stress or overwhelm that you experienced this week? Was there a spiritual practice involved?
- Where do you sense God prompting you to take a specific next step, whether it's a step of faith, a firmer step toward consistency or a step of obedience?

CLOSE WITH PRAYER

(Optional: Write out prayer requests and/or choose prayer partners for upcoming week)

Fill in the blank answers to this week's video: Okay, Stress-Free, Strength, Victory, Peace, Jesus, Grace

WEEK TWO GROUP DISCUSSION GUIDE

"GETTING OUT OF SURVIVAL MODE"
Surrender and Sabbath

THIS WEEK'S MEMORY VERSE:

Keep putting into practice all you learned and received from me— everything you heard from me and saw me doing. Then the God of peace will be with you.

-Philippians 4:9 NLT

CONNECTION QUESTION: If you have an entire day free with no plans, would you be more likely to read a book or do something fun OR would you catch up on cleaning, paperwork or errands?

WATCH VIDEO/REVIEW ANSWERS IN LISTENING GUIDE

VIDEO DISCUSSION QUESTIONS

1. Of the survival modes: fight, flight, freeze or fawn, which one resonates most with you when you're feeling stressed?
2. Barb discussed the "Good Christian Woman Syndrome" and the stress that we feel when we're anxious about disappointing God or feeling like we're lacking in our Christian faith. When do you feel stress as a Christian?
3. One of Barb's main points is that you are a *human be-ing*, not a *human do-ing*. Why do you think that many Christians struggle to trust that God loves them for who they are and not what they earn or accomplish?

THIS WEEK'S STUDY DISCUSSION QUESTIONS

1. We aren't naturally inclined to follow the way of Jesus. What happens when we do not intentionally train our inner selves to model our attitude and actions after him?
2. Can you put Barb's definition of surrender into your own words? What are some struggles with surrender that end up causing stress or overwhelm in our lives?
3. What did you learn about surrender this week that was helpful or challenging for you?
4. How would a regular practice of sabbath reduce your stress?
5. Did you send God impressing any action steps for you to take as you reviewed the practical ways to apply the practice of surrender and sabbath to your life? What would you identify as a next step for you?

TAKEAWAY TIME (Everyone choose ONE to answer.)

- Did you sense an a-ha moment or discover something new during this week's study that helps you feel less stressed or overwhelmed?
- Is there a victory over stress or overwhelm that you experienced this week? Was there a spiritual practice involved?
- Where do you sense God prompting you to take a specific next step, whether it's a step of faith, a firmer step toward consistency or a step of obedience?

CLOSE WITH PRAYER

(Optional: Write out prayer requests and/or choose prayer partners for upcoming week)

Fill in the blank answers to this week's video: Hard, His Love, Strength, You, Be-ing, Do-ing, Willingness, Surrender, Act of Trust, Sabbath, Rest

WEEK THREE GROUP DISCUSSION GUIDE

THIS WEEK'S MEMORY VERSE:

The LORD gives his people strength. The LORD blesses them with peace. -Psalm 29:11

CONNECTION QUESTION: Where is your happy place?

WATCH VIDEO/REVIEW ANSWERS IN LISTENING GUIDE

VIDEO DISCUSSION QUESTIONS

1. In today's video, Barb held up dirty socks which represent our negative or wrong thoughts. Where are you prone to OOPS thinking?
2. Prayer is God's way of giving us access to Him. In the best way that you can describe it, how can making room to practice prayer arm you to battle stress or overwhelm?
3. During the video, Barb shared her God-morning technique that helps her engage with scripture. Outside of a traditional time with your Bible and prayer, is there a point during your day where you can meditate or reflect on God's Word?
4. Do you have a favorite scripture engagement tool that you can share with the group?

THIS WEEK'S STUDY DISCUSSION QUESTIONS

1. Share something within this week's study material that you highlighted, circled, or otherwise noted. What was significant about that for you?
2. Which forms of OOPS thinking creates the biggest distraction for you? Over-thinking, obsessing, panicking or supersizing?
3. This week's memory verse is the opposite of OOPS thinking. Can you share a time in your life when you've felt God's strength or blessed by God's peace?
4. Everyone has different experiences with prayer. Based on your personal experience with prayer, what did you learn this week while studying this spiritual practice that was a good reminder or a fresh insight for you?
5. What are some of the obstacles that you have faced when it comes to engaging with scripture, whether consistent Bible reading or meditating on scripture? What are some ways that you can increase your delighting or enjoying interacting with God's Word so that you're more drawn to it?

TAKEAWAY TIME (Everyone choose ONE to answer.)

- Did you sense an a-ha moment or discover something new during this week's study that helps you feel less stressed or overwhelmed?
- Is there a victory over stress or overwhelm that you experienced this week? Was there a spiritual practice involved?
- Where do you sense God prompting you to take a specific next step, whether it's a step of faith, a firmer step toward consistency or a step of obedience?

CLOSE WITH PRAYER

(Optional: Write out prayer requests and/or choose prayer partners for upcoming week)

Fill in the blank answers to this week's video: Prayer, Scripture Engagement, Prayer, Enlarges, Receiving, Transform, Delight

WEEK FOUR GROUP DISCUSSION GUIDE

Not that I was ever in need, for I have learned how to be content with whatever I have.

-Philippians 4:13 NLT

CONNECTION QUESTION: What do you own too much of?

WATCH VIDEO/REVIEW ANSWERS IN LISTENING GUIDE

VIDEO DISCUSSION QUESTIONS

1. Can you think of an area in your life right now, where you struggling with decision fatigue? Are there some decisions that you can postpone or eliminate?
2. Sometimes, our lives are complicated due to circumstances beyond our control. However, there are also times when our lives become complicated because we've filled up our homes, our minds and our calendars with too much stuff. Where are some common indicators that either our belongings or our overly full calendars are keep you from a closer connection with God?
3. One of Barb's lesson points is that God cares about how you take care of yourself. Using only three words, how would you describe your level of care for yourself this week?

THIS WEEK'S STUDY DISCUSSION QUESTIONS

1. Share something within this week's study material that you highlighted, circled, or otherwise noted. What was significant about that for you?
2. Which verse from this week's study resonated with you and why?
3. This week's memory verse highlights Paul's commitment to contentment. Ultimately, how does the posture of contentment bless you and allow you to draw on Jesus' strength?
4. Even though God created our bodies why is self-care a struggle for some women to embrace as spiritual topic? Stated another way, when we neglect our physical or emotional health, how does that impact us spiritually?
5. Which one of the self-care areas featured in this week's study do you need to focus on more often? Why?

TAKEAWAY TIME (Everyone choose ONE to answer.)

- Did you sense an a-ha moment or discover something new during this week's study that helps you feel less stressed or overwhelmed?
- Is there a victory over stress or overwhelm that you experienced this week? Was there a spiritual practice involved?
- Where do you sense God prompting you to take a specific next step, whether it's a step of faith, a firmer step toward consistency or a step of obedience?

CLOSE WITH PRAYER

(Optional: Write out prayer requests and/or choose prayer partners for upcoming week)

Fill in the blank answers to this week's video: More, More, Contentment, One, Spiritual, God Cares

WEEK FIVE GROUP DISCUSSION GUIDE

THIS WEEK'S MEMORY VERSE:

Physical training is good, but training for godliness is much better, promising benefits in this life and in the life to come. -1 Timothy 4:8 NLT

CONNECTION QUESTION: Would you rather give up drinking coffee for the rest of your life or having to eat chocolate for every meal for an entire year?

WATCH VIDEO/REVIEW ANSWERS IN LISTENING GUIDE

VIDEO DISCUSSION QUESTIONS (THREE QUESTIONS)

1. Sacrifice and submission are two spiritual practices that our natural inclination is to push back against or avoid. Why do we struggle with these two practices?
2. Barb shared the story of her dog, Quimby's Gentle Leader. How does that story connect with our daily need for the Holy Spirit, no matter how long we've been a Christian?
3. Barb discussed the difference between a sacrifice that honors God and a sacrifice that stresses you out. What are some examples of sacrifice that may not be healthy, helpful or holy for you?

THIS WEEK'S STUDY DISCUSSION QUESTIONS (FIVE QUESTIONS)

1. As you reflect on this week's memory verse, what have you learned about the spiritual practices as spirit/soul training for you so far? Which practices have been helpful and why?
2. Share something within this week's study material that you highlighted, circled, or otherwise noted. What was significant about that for you?
3. Which verse from this week's study resonated with you and why?
4. Submission is such a hot button topic, yet God has a purpose for submission to Him. What have you learned this week about the healthy and holy way to practice submission toward God as opposed to the unhealthy, unpopular toxic examples of human submission?
5. How does the spiritual practice of fasting aid us in our battle with chronic stress or overwhelm?

Prayer Prompts for Submission

1. God, examine my heart and open my eyes to any area in my life where I am afraid or unwilling to wholly trust You.
2. God, is there a step of obedience that I haven't taken that You've been waiting on me to take?
3. God, is there a habit or pattern of behavior that is unhealthy for me physically that I need to submit to you?
4. God, I give you permission to lead me today. I want to follow Your plan and purpose for my life in whatever I am doing, thinking or living out.

TAKEAWAY TIME (Everyone choose ONE to answer.)

- Did you sense an a-ha moment or discover something new during this week's study that helps you feel less stressed or overwhelmed?
- Is there a victory over stress or overwhelm that you experienced this week? Was there a spiritual practice involved?
- Where do you sense God prompting you to take a specific next step, whether it's a step of faith, a firmer step toward consistency or a step of obedience?

PRAYER

Fill in the blank answers to this week's video: Choice, Freedom, Holy Good, Honors, Now

WEEK SIX GROUP DISCUSSION GUIDE

THIS WEEK'S MEMORY VERSE

Two people are better off than one, for they can help each other succeed.

-Ecclesiastes 4:9 NLT

CONNECTION QUESTION: Share a time when you were stressed and someone came to help you or bless you.

WATCH VIDEO/REVIEW ANSWERS IN LISTENING GUIDE

VIDEO DISCUSSION QUESTIONS (THREE QUESTIONS)

1. Barb shared her favorite Paul story. Which elements of the story fascinated you?
2. Barb discussed how our assumptions and expectations can attack and wound our practice of sisterhood. In your opinion, how can we guard against these two attackers so that we can experience the blessing of this spiritual practice?
3. Think back to the illustration that Barb shared about how the female elephants circle a laboring mama elephant and stomp to keep predators away from her. Who are the "stompers" in your life who show up for you? How can you stomp and support other women your life?

THIS WEEK'S STUDY DISCUSSION QUESTIONS (FIVE QUESTIONS)

1. Share something within this week's study material that you highlighted, circled, or otherwise noted. What was significant about that for you?
2. One of the takeaways from Paul's shipwreck story and other stories in his life is that God never wastes an experience, even stressful ones. How has God used stressful or overwhelming experiences in your life to grow your faith or even lead to a future blessing?
3. We don't normally associate celebration with spiritual practices, yet this week, you studied how God is the original party planner. What have you learned about how a practice of celebration battles back chronic stress and overwhelm.
4. When is the last time that you celebrated yourself? As you reflect on Barb's teaching on celebration, how are you challenged to practice celebration more often?
5. Check out Barb's guidelines on establishing safe sisterhood practices below. Which ones of these does your group need to embrace moving forward to keep your individual and group practice of sisterhood welcoming and God-honoring?

If you've enjoyed attending the same Bible study or women's group for years with mostly the same group of ladies, it's good to temperature check yourself to prevent taking sisterhood for granted or to address any unhealthy behaviors. Here are some reflection questions to ask yourself or to begin a discussion with your group:

- Are group members internally focused (the "us four and no more" or sorority mentality), or are you involved in serving gospel-centered interests outside of the group?
- Do group sessions still focus on Jesus, the gospel, and spiritual challenge, or do group meetings sound more like political parties, social activism, self-help, or complaining sessions?
- Is the group a safe, patient environment for people to struggle with issues or question their beliefs?

TAKEAWAY TIME (Everyone choose ONE to answer.)

- Did you sense an a-ha moment or discover something new during this week's study that helps you feel less stressed or overwhelmed?
- Is there a victory over stress or overwhelm that you experienced this week? Was there a spiritual practice involved?
- Where do you sense God prompting you to take a specific next step, whether it's a step of faith, a firmer step toward consistency or a step of obedience?

PRAYER

Fill in the blank answers to this week's video: Never Wastes, Purpose, With, For, Will Not, Bless, Committing, Connection, Assumptions, Expectations, Your, You, Heal, God, Thanks, All