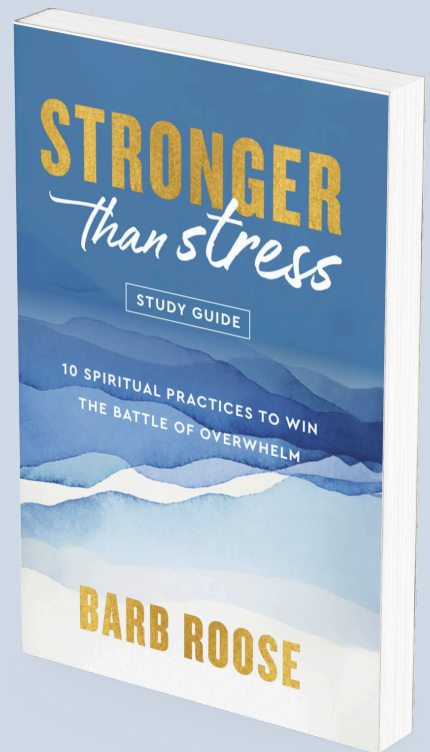


## GROUP LEADER RESOURCES

### THANK YOU FOR YOUR INTEREST IN THE *STRONGER THAN STRESS* BIBLE STUDY!

I believe that the study of God's Word can change lives, and I am so excited to partner with you as you encourage women in their pursuit of Him. *Stronger Than Stress: 10 Spiritual Practices to Win the Battle of Overwhelm* is a six-week Bible study on the Apostle Paul's life and includes ten spiritual practices that will draw you closer to God. This study will equip participants to grow in God's PEACE: Patience, Endurance, Appreciation, Confidence and Eternal Plan.

I want to make it really easy for you to invite, lead, and enjoy the *Stronger Than Stress* group experience. Anyone can lead a *Stronger Than Stress* Bible study group, and I'm here to pray for and support you! *Let's Go! Barb*



#### 1 WHO IS THE *STRONGER THAN STRESS* STUDY FOR?

This study is for the Christian woman who feels overwhelmed by everyday life. Stuck in a cycle of constant stress, she is desperate for change and a deeper connection to God.

#### 2 WHAT'S INCLUDED IN THIS INFORMATION PACKET?

- Lesson One of the leader guide
- Lesson One participant listening guide
- Link to Lesson One video teaching
- A selection of invitation text messages or email that you can share with your group. Access them by clicking [here](#).

#### 3 WHERE CAN I PURCHASE *STRONGER THAN STRESS*?

The *Stronger Than Stress* study is available at Amazon, Baker Bookstore, Barnes & Noble, Christianbook.com, Target, Wal-Mart and other online retailers. For wholesale discounts for purchases of 100 or more, please contact Rod Jantzen, Revell Sales Rep, at [rjantzen@bakerpublishinggroup.com](mailto:rjantzen@bakerpublishinggroup.com).

#### 4 ARE THERE TEACHING VIDEOS?

Yes! You will have FREE access to the six video teaching lessons by scanning the QR code inside the study workbook.

You can watch the videos on any device. Each video is 17-23 minutes long and includes a video listening guide worksheet.

#### 5 IS THERE A LEADER GUIDE?

Yes! The group leader guide includes discussion questions for both the weekly teaching videos and written lessons.

The guide also includes all of the participant materials as well so the leader doesn't need a separate workbook.

#### 6 WHERE CAN I FIND MORE INFO?

You can find more info on the *Stronger Than Stress* Bible study and *Stronger Than Stress* book at [BarbRoose.com/StrongerThanStress](http://BarbRoose.com/StrongerThanStress)

#### 7 LOOKING FOR MORE INFORMATION ABOUT BARB?

Visit my online home at [BarbRoose.com](http://BarbRoose.com) by clicking [here](#).

#### 8 PROMOTIONAL RESOURCES

[Click here](#) to access sample emails, text messages, and graphics that you can use to invite women on social media or for announcements at your church.



From the Stronger Than Stress Bible Study Video Teaching Week One

**OVERWHELMED DOESN'T HAVE TO BE YOUR NORM**



## You Can Win Your Battle of Overwhelm!

I used to think, "If anything else happens, I'm going to have a stroke," multiple times a day. My life felt like a football field of spinning plates, each demanding my attention, leaving me overwhelmed and exhausted.

One day, I hit my breaking point and realized that I needed a change. In my new Bible study, *Stronger Than Stress: 10 Spiritual Practices to Win the Battle of Overwhelm*, I share the spiritual practices that transformed my life from chaos to peace.

This Bible study guides you through ten scripture-based practices to convert your stress into strength and experience God's enduring peace. If you feel overwhelmed by family responsibilities, your career, and anxiety about the future, this Bible study is for you.

Join me for a six-week experience learning from the teachings of the Apostle Paul and learning about 10 powerful spiritual practices that God can use to transform your life. As a BONUS, you'll receive free access to all six teaching lessons!

Discover how to slow down, savor, and find safety in God's love and grace. Don't let stress control your life any longer—embrace God's strength and find your peace. Grab your copy today and start your journey to a stronger, stress-free life.



### MEET THE AUTHOR

BARB ROOSE is a popular speaker and author who is passionate equipping women to live beautifully strong and courageous because she believes that God has a great adventure of faith and purpose for their lives. Barb enjoys teaching and encouraging women at conferences and events across the country, as well as internationally.

She is the author of Bible studies such as *Surrendered: Letting Go* and *Living Like Jesus, Finding Jesus in the Psalms, Joshua: Winning the Worry Battle* and others. She is the author of multiple books including *Winning the Worry Battle, Surrendered: 40 Devotions to Help You Let Go and Live Like Jesus* and others. She is a part of the (in)courage writing team.

*Week One:  
Too Many Spinning Plates*

*Week Two:  
Getting Out of Survival Mode*

*Week Three:  
De-Stressing Your Thoughts*

*Week Four:  
Bringing God's Peace to Stressful Places*

*Week Five:  
Saying Yes to God*

*Week Six:  
Overcoming Together!*

#STRONGERTHANSTRESS | @BARBROOSE