



**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