

Stress is a ___feeling___ generated by your ___circumstances___.

This is what the Lord says: “Stand at the crossroads and look; ask for the **ancient paths**, ask where the good way is, and **walk** in it, and you will find **rest** for your **souls**.” *Jeremiah 6:16*

1. Be ___realistic___ about your ___time___.

Teach us to **number** our **days**, that we may gain a heart of **wisdom**. *Psalm 90:12*

“You can do anything, but you can’t do everything.” – David Allen

2. Do ___one___ ___thing___ at a time.

Go to the **ant**, you sluggard; consider its **ways** and be **wise!** *Proverbs 6:6*

“Mile by mile it’s a trial; yard by yard it’s hard; but inch by inch it’s a cinch.” – Anonymous

3. Create ___space___.

“Remember the Sabbath day by keeping it holy. Six days you shall labor and do all your work, but the seventh day is a sabbath to the Lord your God. On it you shall **not do any work**, neither you, nor your son or daughter, nor your male or female servant, nor your animals, nor any foreigner residing in your towns. For in six days the Lord made the heavens and the earth, the sea, and all that is in them, but he **rested** on the seventh day. Therefore, the Lord **blessed** the Sabbath day and made it holy.” *Exodus 20:8-11*

“Come to me, all you who are weary and burdened, and I will give you **rest**. Take my **yoke** upon you and learn from me, for I am gentle and humble in heart, and you will find **rest** for your **souls**. For my yoke is easy and my burden is light.” *Matthew 11:28-30*

1. What situation are you allowing to produce stress in your life?

2. What negative strategy do you need to get rid of?

3. What ancient path should you go down to reduce stress?

For the remainder of the summer, use these One Year New Testament questions to discuss with your small group or answer individually. Discussion questions related to the weekend message will resume this fall.

Devotional Thought

It’s not unusual for our priorities to change. Over the years, our focus shifts from one thing to the next based on our stage of life, our interests, or some other factor. The question we must always ask ourselves is this: “What has eternal value?”

So many people are giving their lives to things that will not last—things that have no eternal value. What are you living for that will last? What are you working for that will remain long after you’re gone? As you read God’s word this week, let it shape your priorities so you are investing in things with an eternal impact.

August 6/7: 1 Corinthians 2:6-3:23

What does it mean to have the mind of Christ? What is your role in God’s work? What spiritual disciplines (prayer, Bible reading, scripture meditation, etc.) could you practice this week to make you sensitive to God’s presence?

August 8: 1 Corinthians 4:1-21

Who is someone you look up to and try to be like? In what ways would you like to emulate the character of this person? What is one way you could imitate the example or wisdom of someone who is a little farther along in their spiritual journey?

August 9\10: 1 Corinthians 5:1-6:20

At what point would you stop associating with a person who continued to do wrong? In your opinion, what is the biggest challenge to choosing godly things over worldly things? What habits can you cultivate to prevent yourself from leaning toward sinful desires?

August 11/12: 1 Corinthians 7:1-40

How should the fact that time is short affect our priorities and actions? What unique concerns do married people have that single people do not? How can you use your unique experience as a married or single person in service to God and others?

Looking for opportunities to make an impact this summer?

Here are a few ideas...

- Nursing homes are always looking for families to come in and spend time with their residents.
- Write out thank you notes and drop them off to our police and fire departments.
- Write thank you notes for those currently serving in our military. (Drop these off at the info desk at your campus and we’ll mail them for you!)
- Do yardwork or household chores for an elderly couple in need.
- Serve your own family by doing their chores and/or helping them with an extra task.