

Sermon Discussion:

Stressed, Part II

Let's Recap:

In part two of our *Stressed* series, Pastor Rob Ketterling taught us that stress should never steal our worship from God. No matter what our circumstances may look like, we are never to let our stressful circumstances push us away from God. Instead, we ought to let it push us towards God.

Tune In:

Read Matthew 5:3-11 in order to prepare for this week's discussion. This passage of Scripture is commonly known as "The Beatitudes."

Go Deep:

1. Take a moment to examine the beatitudes. Is there any particular one that jumps out at you? Why is that?
2. A definition of Beatitude is "supreme blessing." Take a moment to discuss these things that Jesus lists as "supreme blessings." Do we see these things as good blessings from God when we experience them in our lives?
3. Even though not all these beatitudes may be naturally desirable to us, the outcomes of them are (to be comforted, to inherit the earth, etc.). How can we seek more of these things out in our lives?

Live Out:

There's no escaping it— stress is all around us. There are different types and different levels of stress all around us, depending on our season of life. No matter how stress is in your life, it's important that we never let it get in the way of our worship to God. God is above and more powerful than anything we could ever come up against.