

# Through The Bible In One Year

## The Adventure of Many Lifetimes

Unpublished Work, December 2005, Laura Gardner.

Theme: A 'Can Do' Faith In A 'Can't Do' World  
Week 40 Small Group Bible Study & Sunday School Lesson

### Open (Sharing our Own Stories & Getting To Know One Another)

1. What are sources of stress and anxiety in our society? 2. What means do people use to deal with them? 3. What impact does stress and anxiety have on relationships?

### Going Deeper Into God's Word Together

Read aloud Jeremiah 1.4-10; Psalm 73.21-28; Philippians 4.4-13

Jeremiah: 1. What is Jeremiah's source of stress and anxiety? 2. How does God calm his fear? 3. How does God know Jeremiah can do the appointed task? How do these verses apply to Christians today?

Psalm: 1. In what ways did stress and anxiety affect the psalmist's relationship with God? 2. What brings him relief from his stress? 3. The psalmist will tell of God's deeds out of gratitude to God. How do we share what God has done for us?

Philippians: 1. Why should Christians not be anxious about anything? What is the remedy? 2. What thoughts should replace anxious, stressful ones? 3. What is Paul's secret to contentment, no matter what the circumstances?

### Reflecting On What God Is Telling Us:

1. What are sources of stress and anxiety in your life? \_\_\_\_\_ family \_\_\_\_\_ work  
\_\_\_\_\_ finances \_\_\_\_\_ friendships \_\_\_\_\_ spiritual issues.
2. What are the steps can you take to replace worries with God's peace?

### Applying/Putting Into Practice What God's Told Us

What is one servant act you can do this week to relieve someone of stress, and thereby show God's love for them?