

November 5, 2017
Stress and the Holidays
Travis Brawner

1. What is your favorite holiday? Why is it special to you?
2. What are the five things Travis mentioned that cause many people stress during the holidays, Christmas specifically? (**Crowds and long lines, gaining weight and into debt, gift shopping, seeing certain relatives, having to be nice.**)
3. Are Thanksgiving and Christmas holidays stressful for you? Why?
4. What is the worse thing that ever happened to you or someone you know during a holiday get together?
5. Do you think you have to “defend” Christmas or do you know someone who does?
6. Can you slow down and rest?” What is resting for you?
7. In Matthew 11:28-30 Jesus says, “Come to me, all who labor and are heavy laden, and I will give you rest. Take my yoke upon you, and learn from me, for I am gentle and lowly in heart, and you will find rest for your souls. For my yoke is easy, and my burden is light.”
 - Can you tell about a time when Jesus has given you rest for your soul?
 - What have you learned from Jesus?
8. Tell about a time you did something God’s way and as a result relieved stress in your life.
9. Has there been a time when doing an act of service took your mind off yourself when you were feeling down?
10. Scripture says that Jesus withdrew to a lonely place to pray.
 - Do you like time alone?
 - Do you practice solitude, a time for studying God’s word or other writings that lead you to him, praying or reflecting on him, enjoying his nature and other gifts?
11. Does exercise make you feel better mentally and physically?
12. In the Mary and Martha story, Martha was serving a group that was visiting, but Jesus told her Mary had chosen “the good portion” by sitting and listening to Jesus. How can we seek Jesus during the holidays?