



July 3, 2022  
Breathing Room: Overcome Stress  
Discussion Questions

**MEMORY VERSE:**

*"I have told you all this so that you may have peace in me. Here on earth you will have many trials and sorrows. But take heart, because I have overcome the world."*

**John 16:33**

**Opener:** What is one thing right this moment in time that you "NEED" breathing room from and share why this has been a burden to you?

1. Looking at **Philippians 4:15-19 NLT**. Why is it important to tell a brother or sister in Christ that they did an act of kindness to you even if the person who did the act of kindness does not even perceive it to be so?
2. In **verse 19 of Philippians Chapter 4**. How does God supply your needs from His glorious riches, which have been given to you in Jesus Christ? Give concrete testimony about your wants and your actual needs in a real-world situation if you have that testimony to share according to the verse above. What discernment can you get from what you wanted and what God gave, what you actually needed.
3. It's easier said than done when looking at **John 16:33**...*"I have told you all this so that you may have peace in me. Here on earth you will have many trials and sorrows. But take heart, because I have overcome the world."* - How can we live out this statement without being discouraged during our trials and sorrows? What ways do you see some "new-Believers" losing this battle and giving up entirely and can we as brothers and sisters in Christ Jesus help them not to lose heart?

**Call to Action:** In our weakness is our strength because the strength comes from He who died for us, "Jesus Christ". This week, encourage a New-Believer to not lose heart when facing trials or sorrows by sharing a testimony of when you went through a time of difficulty.