

IS THIS ALLOWED?

Week 1: Was Jesus Ever Stressed?

This is the opportunity for your group will discover what God might be saying to you out of the weekend experience, and how you can respond through a group discussion.

Questions for discussion:

1. We all experience stress. Right now, on a scale of 1-10 (one being zilch and ten being unbearable), how would you currently rate your stress level **and** would you say it is trending one way or the other or static? Anyone can begin.

2. What are three of your most typical ways of handling stress, whether good or bad, let's be honest here because we can probably all relate. Anyone can begin.

Jesus knew stress. In fact, he was so stressed at one point the night before his death that he started sweating drops of blood that only physiologically happens when there's so much pressure that the blood vessels burst and the blood excretes through the pores (we know, a little gross, but just want to make sure we get the picture).

Good news, Jesus had a remedy. Here is this episode in Matthew 26:

*39 Going a little farther, he fell with his face to the ground and prayed, "My Father, if it is possible, may this cup be taken from me. **Yet not as I will, but as you will.**"*

*40 Then he returned to his disciples and found them sleeping. "Couldn't you men keep watch with me for one hour?" he asked Peter. 41 "Watch and pray so that you will not fall into temptation. The spirit is willing, but the flesh is weak." 42 He went away a second time and prayed, "My Father, if it is not possible for this cup to be taken away unless I drink it, **may your will be done.**" 43 When he came back, he again found them sleeping, because their eyes were heavy. 44 So he left them and went away once more and prayed the third time, **saying the same thing.***

Three times Jesus expressed to God his anguish at what He was going through and three times he asked if there was another way, but notice what Jesus also said after he expressed his fear, "...**but, may your will be done**".

3. When's the last time you prayed "but, may your will be done" after making your request to God? What did you experience as a result?

4. Ultimately, Jesus pathway through stress was to "relinquish control" to his Heavenly Father with the present situation and the future. What is this for you right now? What current situation are you facing where you want or need to relinquish control?"

5. Follow-up: How can this group support you in this?

*Close with Prayer – pray and encourage those in the group