



RADiation *Worksheet*

Reflection | Application | Discussion

Week of October 16

Key Idea: We can trust in God during stressful times rather than in ourselves.

DISCUSSION & PRAYER ([PHILIPPIANS 4:6-7](#))

What has God done that you are thankful for this week?

What are you worried about?

SCRIPTURE

[1 Peter 5:6-7 NLT](#)

(Read these verses on your own and aloud as a group.)

REFLECTION

There are two kinds of ways to handle stress: Coping with it in a healthy way, and coping in an unhealthy way.

What are some unhealthy ways you cope when you are stressed?

What are some healthy ways you have learned on how to cope with stress?

APPLICATION

On a scale of 1-10 (1 being 'easy' and 10 being 'very difficult'), how easy or difficult is it for you to trust God with the challenges and stresses in your life? Why do you think that is?

As life presents us with many things to be stressed about, what does giving up control to God look like for you personally this week?

NOTE: It's the third week of Small Group! How are your plans going for your service project and social? Need ideas or other support? Contact rachael@newdaywi.com Also, send Rachael pictures and stories from your group so we can celebrate what God is doing throughout the body of Christ.