

# SMALL GROUP LESSON PLAN

## Teaching The Bible Through Practical Biblical Teaching

- **Greeting/Opening Prayer/Food & Friendship**
- **Icebreaker** ~ Physical exercise is a stress reliever. When was the last time you exercised? What did you do?
- **Testimonies/Good news/What are you thankful for?**
- **WOF's Purpose:**
  - 1) We teach and educate - exercising believer's rights through practical application
  - 2) We are a holistic church- development of spirit, soul, and body
  - 3) We are a mission's church - serving both domestic and international
- **Short review of what was preached at service on Sunday**
- **Facilitation of Lesson**



(Facilitator Notes)

### Breaking the Burdens of Stress – Book by Bishop Keith A. Butler

The Problem of Stress - Lesson 1

The primary reason people, including Christians, do not live long, healthy lives is because of stress. Stress is a physical, chemical or emotional factor that causes bodily or mental strain. It is caused by how a person perceives, believes, reacts and copes with the pressures of life. According to medical literature, 75 to 90% of all visits to a primary care physician's office are related to stress disorders. In order to live free of stress, we must follow the biblical instruction of casting cares (negative thoughts, anxieties and worries) on God because He cares for us.

**READ:** I John 2:15-16; 2 Tim 3:1-5 - Stress can come in many forms and varies with each person.

1. Identify things in our society today that can cause stress in a person's life.

**READ:** Psalms 34:4; Psalms 34:10 - Stress is highly individualized. Stressors differ from person to person.

2. What is one thing that can happen in your life that would immediately reduce some stress?

**READ:** Philippians 4:6-9; 1 Peter 5:7 - The Bible instructs us to cast our cares on God because He cares for us.

3. What are some practical things that you can do to help yourself with the problem of stress? Let's make a list.
  1. What are some scriptures you can quote that would help you with the problem of stress?

- **Time of Decision** (Everyone Bow Your Heads)

**1) Receive Jesus as your Lord and Savior:** \*Some may have never received Jesus. \*You may be a good person, give to the poor, and serve in the community. \*Has there been a day where you confessed Jesus and Lord?

**(Read Romans 10:9)** If need to make this decision, raise your hand:

**What to do next:** Have them repeat after you: "I believe that Jesus is the son of God. I believe he died for me bearing my sins for me. I believe he rose from the dead and is alive right now. Dear Lord Jesus, come into my life now! Come into my heart now! I believe in my heart, and say with my mouth that Jesus Christ is my personal Lord as Savior. And I am, right now, born again."

**2) Rededicate your life:** \*Is your life a mess? \*Are you struggling right now? \*You know something is just off in life? **{Read 1 John 1:9}** If you want to be restored with God, raise your hand:

**What to do next:** Lead the person in the following prayer, allowing them to repent before God for the area they have sinned: "Father, I come before you in the Name of Jesus asking for forgiveness ... (allow the person to personally speak to God about the specific thing they are repenting for). After they are finished, close out the prayer with them, thanking God for forgiveness and restoration."

- **Time of Prayer**
- **Your Circle: (Family, Friends and those you have influence with) How's it going?**
- **Announcements-Next WOF service and any additional announcements**
- **Dismissal**

**Prayer focus:** 1) Your Circle (friends and family) 2) Small Group members 3) Word of Faith Leadership  
**Have you reached out to your circle today?**