



## 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**

### 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.
4. What are some scriptures you can quote that would help you with the problem of stress?

- **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?**

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