

- Men of all ages experience stress. What situations or seasons come to mind?
- The question isn't whether we will experience stress, but how we will respond when we do. How do men commonly deal with stress?



- We certainly aren't the first at these crossroads. What men of God from Scripture could relate?
- Take a look **2 Corinthians 4:8-12**. What stress points does the apostle Paul identify?
- In the surrounding verses, what do you see that helped Paul find and maintain stability?
- “But David strengthened himself in the LORD his God” (**1 Sam 30:6**). How is this done?
- What does a life with a firm foundation and strength from beyond ourselves look like?
 - **Psalm 46:1-3** -
 - **Psalm 127:1-2** -
 - **Isaiah 40:28-31** -
 - **Matthew 6:34** -
 - **2 Corinthians 7:5-7** -
 - **Philippians 2:14** -
 - **2 Timothy 4:16-18** -
 - **Romans 8:35-39** -

Stress: physical, mental, or emotional strain or tension.

Distress: pain, anxiety, or sorrow experienced as a result of affliction, trouble, or suffering.

Then Jacob was greatly afraid and distressed... (**Gen 32:7**)

...righteous Lot, greatly distressed by the sensual conduct of the wicked... (**2 Pet 2:7**)

And David was greatly distressed, for the people spoke of stoning him, because all the people were bitter in soul... (**1 Sam 30:6**)

“In my distress I called upon the LORD; to my God I called.” (**2 Sam 22:7**)

“Thus says Hezekiah, ‘This day is a day of distress, of rebuke, and of disgrace...’” (**2 Kings 19:3**)

In the time of his distress [Ahaz] became yet more faithless to the LORD... (**2 Chron 28:22**)

“They rule over our bodies and over our livestock as they please, and we are in great distress.” (**Neh 9:37**)

“I will sing of your strength; I will sing aloud of your steadfast love in the morning. For you have been to me a fortress and a refuge in the day of my distress.” (**Psa 59:16**)

“The Son of Man is about to be delivered into the hands of men, and they will kill him, and he will be raised on the third day.” And they were greatly distressed. (**Matt 17:22-23**)

And he took with him Peter and James and John, and began to be greatly distressed and troubled. (**Mark 14:33**)