



## ICEBREAKER

- Rank your current stress level: 1 being almost no stress, 10 being MAXED OUT stress!

## DISCUSSION QUESTIONS

1. What's one thing you do that helps lower your stress level in turn helping your heart?
2. Read Jesus words in John 14:6-7.
  - Have you ever considered these words to be offensive?
  - Do you know someone who might be offended by Jesus' words?
3. Jeremy gave us three ways in which we can overcome a troubled heart. Which of the following do you struggle with the most?
  - When you believe what Jesus will do what he says.
  - When you believe what Jesus has called you to do.
  - When you realize that Jesus is with you always.

## NEXT STEPS & PRAYER REQUESTS

- Grab a bookmark and/or journal for reading John's gospel.
- Consider the following question: What is it that troubles your heart?