

LifeGroup Questions

Stressors

Based on: 1 Corinthians 16:13, Joshua 1:6,7,9

May 11, 2014

Overview

Imagine you were just promoted to manage a company with one million employees. Your mentor who you had followed for years recently died leaving you in charge of everything. Everyone is looking to you for the answers. Decisions you make will have a lasting impact on countless lives. The company, although strong, is still unsettled. Over the next several years it is going to be growing internally and expanding into new markets. If you make the wrong decision it would be disastrous for you and all the employees trusting you. How much stress would you feel in this position? How would you handle it? This is the situation that Joshua found himself in. Moses died and left Joshua in charge of the entire nation. He wasn't taking on this roll during a time of peace, but during war. The Israelites were marching in to take over the promise land. Joshua must have felt incredible stress upon his shoulders. It was during this time that God told him: "Be strong and courageous" and to "not be discouraged." The level of stress he was facing didn't change. The only certain thing was that God would be with him every step of the way. Joshua's ability to handle everything was not of his own power but from God's presence in his life.

Bible Study: 1 Corinthians 16:13, Joshua 1:6,7,9

1. What are some helpful ways you have discovered to deal with stress in your life?
2. In what ways can being under constant stress hurt your relationships?
3. How do you think Joshua might have felt being given the responsibility of leading the Israelite nation?
4. God told Joshua to be strong and courageous in the face of his circumstances. In what ways has God's word helped you face your struggles?
5. In what ways can belonging to a community of believers help you be strong and courageous?
6. Why do you think God chose the characteristics of strength and courage to encourage Joshua?
7. Read Joshua 1:6-7, 9. What steps do you plan on taking to be strong and courageous the next time you are under stress?
8. What are some of the most common stressful situations in families? How are these situations typically handled?

¹³ Be on your guard; stand firm in the faith; be courageous; be strong. ¹⁴ Do everything in love.

⁷ “Be strong and very courageous. Be careful to obey all the law my servant Moses gave you; do not turn from it to the right or to the left, that you may be successful wherever you go. ⁸ Keep this Book of the Law always on your lips; meditate on it day and night, so that you may be careful to do everything written in it. Then you will be prosperous and successful. ⁹ Have I not commanded you? Be strong and courageous. Do not be afraid; do not be discouraged, for the LORD your God will be with you wherever you go.”