

CANYON HILLS COMMUNITY CHURCH

# LIFE GROUPS



## Soar – Isaiah 40:27-31

*June 23, 2024 – Pastor Dustin Slezak*

### **START TALKING | *Get your group thinking.***

1. What are the most common reasons for stress in the lives of most people?
2. How do people often cope with stress?

### **START SHARING | *Get your group engaging with the message.***

Read Isaiah 40:27-31

3. Pastor Dustin said that the first way to reduce stress is to take ownership of our choices. Explain what it means to do this. See Isaiah 40:27 and Galatians 6:7.
4. To reduce stress Pastor Dustin said we must live in awe of who God is (Is 40:28). What four signs did he give that indicate we are drifting away from our awe of God? See Psalm 34:9, Matthew 6:33.
5. How does understanding our limits help us soar above stress (Is 40:29-30, Ps 73:26, Phil 4:13)?
6. How did Pastor Dustin describe waiting on the Lord (Is 40:31, Matt 11:28-30)?

### **START LIVING | *Get your group applying God's Word to daily life.***

7. What are your current stresses?
8. What choices have you made that add to your stress?
9. What do you need to put into practice to soar above your stress?