



A NEWSPRING CHURCH MESSAGE SERIES

DR. JESUS

4 SESSIONS WITH THE
WONDERFUL COUNSELOR

WEEK #1: THE STRESS OF LIFE

INTRODUCTION

What if you could make an appointment with Jesus to talk about what you're going through? While he was on earth, it was his mission to meet with people one-on-one and help them with their struggles. He listened, understood, and offered guidance unlike anyone else. And the wisdom he shared then is still changing lives today. The Bible calls him the Wonderful Counselor. Step into his office for four sessions that could transform the way you live.

DISCUSSION QUESTIONS

1. Martha was distracted by preparations while Mary chose to sit at Jesus' feet. Which person do you relate to more in your current season of life? Why?
2. Matthew 11:28-30 invites us to bring our burdens to Jesus. What does it look like practically to *"take his yoke"* upon you?
3. Read Psalm 77:2-14. The psalmist moved from distress to remembering God's wonderful deeds. How does gratitude change our perspective on stressful situations?
4. When we're overwhelmed, doing the "next right thing" can feel impossible. How does "seeking the Kingdom of God above all else" help us identify what the next right thing is? What is one "next right thing" you need to do this week in an area where you feel stressed?
5. Jesus promises both trouble AND peace. How do these coexist in the Christian life? What does it mean to "take heart" in practical terms when you're facing a stressful situation?
6. What was your biggest takeaway from the message, and why?

SCRIPTURE & TAKEAWAYS

Luke 10:38-42 / Philippians 4:6-7 / Matthew 6:31-34, 10:29-31, 11:28-30 / Psalm 68:19, 77:2-14 / Lamentations 3:23 / Exodus 16:19-21 / Isaiah 33:2 / John 16:33.

1. Tell it to Jesus.
2. Exercise the power of gratitude.
3. Do the next right thing.
4. Take it one day at a time.
5. Take a "courage stance."