



Saint James AME Church  
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Ronald L. Slaughter, Senior Pastor

Bible Study Outline

11:00 AM

Rev. Pamela Ringold, Facilitator

July 12, 2017

**Subject:** Managing Stress

**Scripture:** Matthew 6:25-27

“Therefore, I tell you, do not be anxious about your life, what you will eat or what you will drink, nor about your body, what you will put on. Is not life more than food and the body more than clothing? And which of you by being anxious can add a single hour to his span of life?”

**Introduction:** Everyone deals with stress at some point, and we as Christians are not immune to the pressures and pitfalls of life which, tax our patience and test our resolve to maintain self-control. Thus, we struggle trying to cope with the stresses that may arise from our jobs, our health and family issues. God has created us and knows that, because of our fallen natures, we can sometimes allow stress and anxiousness to rule our lives. While we can't escape stress, we can learn to manage it and not allow for stress to get the best of us, but for us to get the best of stress.

**Questions to ponder:**

- 1) What stresses you out the most?
- 2) Does stress get the best of you or do you get the best of stress?
- 3) How successful are you in managing your stress?

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