



## Passing the Stress Test (I Sam. 27-30)

Sunday, June 13, 2021 AVBC

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### Q: What is stress?

- \_\_\_\_\_ stress
- \_\_\_\_\_ stress

### 1. When stress strikes don't just listen to \_\_\_\_\_. (I Sam. 27:1)

*Trust in the Lord with all your heart and lean not on your own understanding; in all your ways acknowledge Him, and He will direct your paths.  
(Proverbs 3:5,6)*

### 2. When stress strikes be careful not to cross over to \_\_\_\_\_-sufficiency. (I Sam. 27:2)

### 3. When stress strikes don't get comfortable in the "\_\_\_\_\_". (I Sam. 27:5-7)

### 4. When stress strikes beware of the temptation to \_\_\_\_\_ and \_\_\_\_\_. (I Sam. 27:5-12)

### 5. When stress strikes seek \_\_\_\_\_ counsel and care (I Sam. 30:7,8)

### 6. When stress strikes obey God \_\_\_\_\_ when He reveals His plan. (I Sam. 30:9-19)

### 7. When stress strikes acknowledge God's \_\_\_\_\_ in your life. (I Sam. 30:21-23)

### 8. When stress strikes \_\_\_\_\_ pass on God's blessing. (I Sam. 30:26-31)

*One man gives freely, yet gains even more... A generous man will prosper; he who refreshes others will himself be refreshed." (Prov, 11:24a,25)*

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## DIGGING DEEPER

(For use in personal/family devotions or with your care group.)

Q1: Have you ever been through a season of prolonged stress? If so, what contributed to that stress? How did the stress impact your life?

Q2: If someone came to you seeking counsel on how to manage stress in their life, what words of advice or encouragement would you give them?

Q3: Read and reflect upon Psalm 16. What "de-stress" principles and practices can you pull from this portion of scripture?

Q4: Pastor David mentioned four things that we need to avoid doing when stress strikes (points 1-4) Which one of these are you most susceptible to? What would the Lord have you do to counteract this natural and unhealthy tendency?

Q5: Read Esther 3:5-6, 12-5 and Esther 4. What created stress in Esther's life? What did she do in response to this stressful situation? How does her example help you in managing stress that you are facing?