

STRESS IS BAD

MAKING CHANGE – PART 2

START WITH AN ICEBREAKER QUESTION: YOU CAN FIND SOME ON PAGE 6 [HERE](#).

START **TALKING**. TOMORROW YOU GET \$300,000, NO STRINGS ATTACHED. WHAT DO YOU DO WITH IT?

- What's your worst buyer's remorse story? Just get it off your chest.

START **THINKING**. ASK QUESTIONS TO GET YOUR GROUP THINKING.

- Take a minute to write down your three greatest financial stressors. How are they holding you back?
- If money weren't an issue, how do you think your life would look different?

START **SHARING**. CHOOSE QUESTIONS THAT CREATE OPENNESS.

- Have you ever experienced financial vulnerability? What was that like?
- Have you developed any processes or habits that help you avoid financial bondage? What works for you?
- What are a few things you can say no to?
- Do you have a plan for paying off debt? Where do you plan to start?

START **PRAYING**. BE BOLD, AND PRAY WITH POWER.

- Jesus, You already set us free, once and for all. Any bondage we experience stands no chance against the power of Your grace. Will You help us to break free from financial stress so that we can do more for You? Amen.

START **DOING**. COMMIT TO A STEP AND LIVE IT OUT THIS WEEK.

- What is a step you could take to move forward this week?

SCRIPTURES

Proverbs 22:7 (NIV)

⁷The rich rule over the poor, and the borrower is servant to the lender.

Proverbs 25:28 (NIV)

²⁸Like a city whose walls are broken down is a man who lacks self-control.

Hosea 4:6 (NIV)

⁶my people are destroyed from lack of knowledge. "Because you have rejected knowledge, I also reject you as my priests; because you have ignored the law of your God, I also will ignore your children.

Proverbs 21:5 (NIV)

⁵The plans of the diligent lead to profit as surely as haste leads to poverty.