

## STUDY GUIDE: “Can We Handle This?”

### Discussion Starters

1. What have you felt overwhelmed by recently?
2. What is the biggest thing God has brought you through?

### Study

To complete the next section of the study guide, you will need to use a Bible Dictionary. Remember, the words listed below are from the NASU, but the word you are trying to define is the Greek or Hebrew word translated by the NASU—NOT the English word. If you have any questions about how to use these tools, contact your group leader or one of the pastoral staff.

3. Define the following words or terms. Note for each of them how understanding the meaning and background of that word better helped you understand this passage.

--“Cease striving” (Psalm 46:10)—

--“heavy laden” (Matthew 11:28)—

--“souls” (Matthew 11:29)—

--“tribulation” (John 16:33)—

--“anxious” (Philippians 4:6)—

--“do” (Philippians 4:13)—

4. Read the following passages and note what they teach about crises and disasters.

Psalm 46:10

Matthew 11:28-30

John 16:33

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Hebrews 4:16

James 4:17

Acts 20:35

Philippians 2:3-4

Philippians 4:6

Philippians 4:13

5. Summarize what you have learned about handling stress in our society from these passages.
  
  
  
  
  
  
  
  
  
  
6. EXTRA CREDIT: Why do natural and man-made disasters happen?

**Taking It Home**

7. Your co-worker says he can't see how anyone could believe there is a God when he sees the tragedies in the news. How would you respond to him?
  
  
  
  
  
  
  
  
  
  
8. How can you help others who have been affected by a natural or man made disaster?

For follow up study of the sermon on October 8, 2017