

## Biggest Sources of Stress

List your top six sources of stress in order of most stressful to least.

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|----------|----------|
| 1. _____ | 4. _____ |
| 2. _____ | 5. _____ |
| 3. _____ | 6. _____ |

Compare your answers with a partner. Then jot down your answers to these questions:

How do you relieve stress?

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How do guilt or shame make these stressors harder to deal with?

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## Continual Proclamation

Pick a point on the line that approximates your experience of God today.

God seems near ●—————● far from me right now.

I am struggling most with \_\_\_\_\_.

“I will hope continually, and will yet praise [God] more and more” because \_\_\_\_\_

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