

the  Venues
Go Deep
The Spirituality of Disney Songs
The Bare Necessities
10.15.17

I get stressed out when _____.

I de-stress by _____.

Unisys reports that, “U.S. anxiety levels climb faster than rest of the world.”

What is happening today that has raised the anxiety level?

Dr. Robert Leahy reports that “The average child today exhibits the same level of anxiety as the average patient in the 1950s.”

What’s going on with our kids that explains this?

Read Proverbs 12:25

How do you see the truth of this verse play out in your life?

Baloo sings this phrase to Mowgli, “Look for the bare necessities, the simple bare necessities, forget about your worries and your strife.”

Develop a strategy of life based on this line.

Read Matthew 6:24-34

What is Jesus’ strategy of life?

Read these words from a victim of the California Fire to his wife, “Jamie, the house is going to go. What do you want to take?”

How would you answer the question?

What tragedy have you experienced that served to help you see what really matters?

Read Philippians 4:8. The word translated “think” is *logizomai*.

What English word do you see in that Greek word?

What role does logic play in dealing with anxiety?

Paul tells us to “think about what we think about.”

How can we be more intentional with our thoughts?

Read Matthew 26:36-44

What does Matthew tell us about Jesus’ stress?

When I read that Jesus was stressed-out, I’m...

___surprised.

___comforted.

___encouraged.