

**Study Questions for the May 1, 2022 Sermon:  
“How to Handle the Mess of Stress”  
Exodus 18: 13-14, 17**

1. Early on, Pastor Bill read a modern-day revision of Psalm 23, which emphasized how the pressures of modern life undermine our joy. Share one principle from the real Psalm 23 that might help reduce your experience of stress.
2. A newer phenomenon in America is “smart” appliances. Bathroom scales, sump pumps, thermostats, refrigerators, alarm systems, etc. send you information about their performance, and they can be turned on/off and controlled by your cell phone. Surprise! Studies show that having smart appliances increases the stress levels of the owners.
  - a. Why do you believe this is happening?
  - b. What can we do to prevent this new source of stress?
3. Pastor Bill shared some sobering statistics about the economic and health consequences of stress.
  - a. Name one godly way that you personally cope with stress.
  - b. The statistics were even worse for people in ministry. If you want to let a Pastor know that you believe he is doing something wrong, how can you communicate that belief without increasing the level of his or her stress?

4. Pastor Bill said that Jethro, Moses' Father-in-Law, loved Moses enough to confront him. Moses listened to Jethro's advice and the story had a happy ending. That does not happen very often.
  - a. How can we give advice so that the listener does not resent us? If you can, support your answer with a Biblical principle.
  - b. If this has ever happened to you: You give advice, the person listens and applies your advice, the person's life is better. Briefly share your story.
  - c. What types of communication and qualities of character make a person a credible advice-giver?
5. The first lesson we can learn from Moses' experience is to “sense our limits”.
  - a. Give an example of a Biblical character who sensed his or her limits.
  - b. Share a personal example of when you declined additional responsibilities or otherwise demonstrated that you sensed your limits.
6. Jethro advised Moses to delegate responsibilities. What were the qualities of character that Jethro said would make someone a good judge?
7. Lesson number 3 from the sermon was to simplify our lives. Share one thing you:
  - a. Have done to simplify your life.
  - b. Could do to simplify your life.
8. Read Acts 6:2-4. What similarities, related to handling responsibilities, do you see between Moses and the Apostles?