



Content Sheet **Managing Stress**

Name

Date

Reflection + Discussion Questions

Section 1: Pressure Points - Stress and the Places We Need Growth

Over the last few months, we've been intentionally digging into what it means to grow—both as entrepreneurs and as followers of Christ.

This month, we're continuing that path of growth by confronting one of the most common weeds that can choke out our fruitfulness: stress. Whether it shows up in our thoughts, emotions, physical body, or spiritual life, stress reveals where something may be out of order. Often, it points to places where we're taking on burdens that aren't ours, or where God is inviting us into deeper dependence on Him.

Today's session will help you identify what's draining you, discern where God is leading you to let go, and take action to cultivate more peace and purpose to be more effective.

Group Discussion: "Signs of the Times"

- 1) Think of someone you know—friend, colleague, or even yourself in a past season—who was clearly under a lot of stress. What were the signs? What did it look like in how they talked, acted, or showed up?

- 2) What helped—or could have helped—that person recover or regroup?

Section 2: Dr. Henry Cloud on Managing Stress

Dr. Henry Cloud breaks down the critical topic of Stress and addresses how it impacts our personal and professional lives. As a clinical psychologist, leadership expert, and best-selling author, Dr. Cloud brings a wealth of experience in helping individuals and leaders navigate the challenges of stress. He emphasizes that stress can reveal areas of growth in our spiritual, emotional, and relational lives. Through a combination of psychological insights and biblical principles, Dr. Cloud encourages us to recognize stress as both a challenge and an opportunity to grow closer to God and cultivate peace in our lives.

Section 3: Discussion Questions:

Take a few minutes to review the questions below. Choose one that you feel God is prompting you to grow in and share your response openly. Before offering advice to others, ask clarifying questions to better understand each other's perspectives.

Which area of your life is taking the biggest hit from stress right now—work, family, health, faith, relationships?

When stress hits, what's your first reaction—retreat, push harder, numb out, or reach out for help (family/friends/God)?

What lies do you believe about success, performance, or control that might be fueling your stress?

We often know what would help, but we're afraid to act—whether it's setting a boundary, reaching out, resting, or changing course. What's one step God's been nudging you toward to reduce your stress, and what's been holding you back?"

30 Day Grow Goal:

Section 4: Iron Forums Toolkit

Grow Guide: The Stress Breakthrough Plan

Need an Advisor? Reach out to the Iron Forums Advisor Corp or your Facilitator

Video Series: **Mental Health & the Workplace series** - RightNow Media (free to IF members)

Book: **Anxious for Nothing** – John MacArthur 