

# The Stress Breakthrough Plan

A Grow Guide by Iron Forums

## Purpose:

To help you identify one major source of stress, seek God's wisdom for it, and create a simple, actionable plan to start transforming it — all in under an hour.

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## Step 1: Name It (Self-Assessment)

Take five quiet minutes to prayerfully reflect. Ask yourself:

- What is the **#1 source of stress** in my life or leadership right now?
- How is this stress affecting my relationships, work, health, or spiritual walk?
- Is this stress **seasonal, systemic, or self-inflicted**?

**Write down your answer.** Be honest. This isn't about guilt — it's about clarity.

## Verse for Reflection:

"Cast all your anxiety on Him because He cares for you." — 1 Peter 5:7

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## Step 2: Frame It (Biblical Reflection)

Now ask:

- What do I believe God is inviting me to *learn* or *change* in this area?
- Is there a lie I'm believing ("I have to control everything," "I can't ask for help," etc.) that God wants to replace with truth?

- What scripture can I cling to when this stress hits hard?

**Write a short prayer or declaration** you can pray when you feel overwhelmed.

**Verse for Reflection:**

"Come to Me, all you who are weary and burdened, and I will give you rest." — Matthew 11:28

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**Step 3: Change It (Action Planning)**

Choose **one small but meaningful action** you can take over the next 30 days to address this stress. (Examples: delegate a task, have a hard conversation, block Sabbath time, set a boundary, start counseling, change a workflow.)

- **My 30-Day Stress Breakthrough Action Step:**

**Bonus:** Find one person (spouse, trusted friend, or fellow IF member) and **share** your action step with them. Ask them to check in with you at least once/between Forums.

**Verse for Reflection:**

"Plans fail for lack of counsel, but with many advisers they succeed." — Proverbs 15:22

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**Final Reminder:**

Stress is a reality — but it doesn't have to rule you. God's invitation is not "do more," but "trust deeper." Take this exercise as an opportunity to pray every morning for 30 days that God would work in this area and see what He does.

As you grow and cultivate your "inner man," learning to manage stress wisely is part of becoming the leader, spouse, parent, and Christ-follower He's called you to be.