



Rest in a Stressed-Out Culture

Luke 12

Reasons for Stress

Provision: “Will I have enough?” (v. 22-30)

People & Performance: “Will they think I’m enough?” (v. 1-12)

Prominence: “Will I *be* enough?” (v. 13-21)

Remedy for Stress

Know Who Your Father Is (v. 30-32)

Know What Your Future Holds (v. 32-34)



FAITH TALK

Parent Discussion Guide

“Rest in a Stressed-Out Culture”

Luke 12

- What feels stressful right now?
- Which of the categories that Evan described (provision, performance, and prominence) tends to create worry most?
- What are some unhelpful or unhealthy ways that you try to handle stress?
- What are some Scripture passages that you can be meditating on?