



# Help! I'm Stressed Out

## How to use this journal:

- Read through *Help! I'm Stressed Out* by Tim Endean.
- As you read through each chapter, write down at least three **key truths** that impact you. Space for notes is provided below.
- Thoughtfully work through the **Questions for Reflection**<sup>1</sup> after you read each chapter. Space for journaling your answers is provided.

<b>Introduction/ Chapter 1</b>  <i>Impacting Truths:</i>	1. _____ _____ _____ 2. _____ _____ _____ 3. _____ _____ _____
<b>Chapter 1</b>  <i>Questions for Reflection:</i>	<ul style="list-style-type: none"><li>• What situations in your life cause the most stress?</li>          <li>• What would you do about that stress and how would it feel if God didn't exist?</li>          <li>• How would you think about that situation if you could know God would do something really good through it?</li></ul>

<sup>1</sup> The *Questions for Reflection* are taken from *Help! I'm Stressed Out* by Tim Endean, (Shepherd Press, 2024).

<p><b>Chapter 2</b> <i>Impacting Truths:</i></p>	<ol style="list-style-type: none"> <li>1. _____ _____</li> <li>2. _____ _____</li> <li>3. _____ _____</li> </ol>
<p><b>Chapter 2</b> <i>Questions for Reflection:</i></p>	<ul style="list-style-type: none"> <li>• Is there anything in your life that God is graciously showing you that you're not "in control" of as a means of drawing you to Himself? How can you respond calmly to His control?</li>   <li>• When is it most hard to believe that God's power, wisdom, and love apply to you?</li> </ul>
<p><b>Chapter 3</b> <i>Impacting Truths:</i></p>	<ol style="list-style-type: none"> <li>1. _____ _____</li> <li>2. _____ _____</li> <li>3. _____ _____</li> </ol>
<p><b>Chapter 3</b> <i>Questions for Reflection:</i></p>	<ul style="list-style-type: none"> <li>• From Romans 8, make a list of blessings that already are yours in Christ.</li> </ul>

