

MAINSAIL: RESILIENT IN THE STORM | WEEK #06

Coping With is not Copping Out | May 5th

WHAT'S THE ISSUE ANYWAY?

There is no _____ way to sail that applies to every storm and every boat.

Sometimes we take too much action: _____.

Sometimes we don't take enough action: _____.

These less helpful coping strategies waste _____ and leave us feeling _____.

WHAT WISDOM DOES SCRIPTURE OFFER US?

When changing the situation was out of his control, Jesus wisely surrendered and _____ reality. (Matthew 26:42)

When changing the situation was in his control, Jesus wisely and _____ took action. (Matthew 15:21-28)

DON'T MISS THIS!

Helpful coping strategies begin with _____ assessing _____.

HOW CAN I LIVE THIS IN MY EVERYDAY, NORMAL LIFE?

What can I control about _____ situation?

Based on that, should I take _____ or _____?

Surrender does not mean giving up _____ or being overtaken without _____.

HOW DOES THIS MAKE ME A BETTER PERSON AND THE WORLD A BETTER PLACE?

Knowing what we can and can't control revives _____ and _____ in us.

Developing more helpful coping strategies empowers us to bounce _____ and move _____ when life knocks us down.

WHAT IS GOD INVITING YOU INTO TODAY?

1. Start each day this week with the serenity prayer.
2. Keep a *Stress and Coping Journal* for the Next 30 Days. (Instructions are on the back of talk notes)
3. When I am feeling confused about what I can and can't control, spend a few minutes of mindfulness, asking God for wisdom.

THOUGHT PROVOKING QUESTIONS:

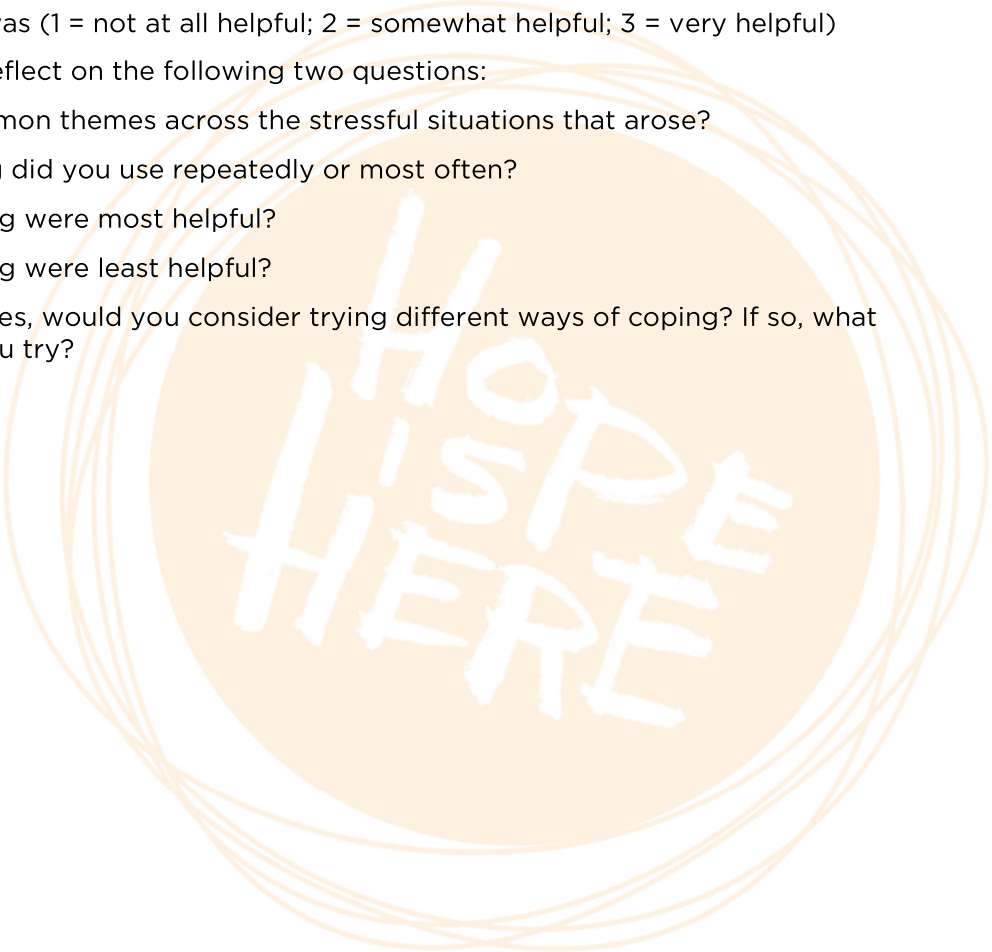
1. Reflecting on your own experience, what are some common ways you cope with stress?
2. Can you recall a time when you felt like you were taking action during a stressful situation, but it felt like nothing was helping, or you might have been making it worse?
3. How do you think the concept of acceptance, courage, and wisdom, as mentioned in the Serenity Prayer, can help in developing more helpful coping strategies?
4. Do you think Jesus ever experienced times where he struggled to balance action with surrender? Why or why not?
5. Have you ever found yourself in a situation where taking action required courage? How did you navigate through it?

THE STRESS AND COPING JOURNAL

This exercise aims to explore how you cope with stressful events and investigate how effective these ways of coping are.

Instructions:

1. Every day, record events that make you feel stressed. As soon as you notice you are feeling stressed, pause and journal with the following prompts:
 - Briefly describe the situation you are feeling stressed about.
 - Describe what you did to deal with the stress.
 - Explain why you choose that particular action.
 - Rate how helpful it was (1 = not at all helpful; 2 = somewhat helpful; 3 = very helpful)
2. At the end of 30 days, reflect on the following two questions:
 - Were there any common themes across the stressful situations that arose?
 - What ways of coping did you use repeatedly or most often?
 - Which ways of coping were most helpful?
 - Which ways of coping were least helpful?
 - Given these downsides, would you consider trying different ways of coping? If so, what alternatives could you try?



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