

EP 228: HOW TO LIVE WORRY FREE

Peter Bruno

Open in Prayer

Ice Breaker (use this one or make up your own)

Would you rather shovel snow for an hour or rake leaves for an hour?

Discussion Questions

1. Why do you think men get stressed out? Is this true for you?
2. I Peter 5:7: what's the imagery of 'cast your cares'?
3. There is a temple for God to dwell in, inside of you: Do you see that proof of His love? Why?
4. What does shalom mean?
5. Can you describe what it means to 'saturate yourself in prayer'.

Legacy in Action

What could you, or your group, do between now and the next meeting to bless others? For some ideas, please visit www.LegacyMindedMen.org/groups

Close in Prayer

At this time, you could ask for prayer requests from the men.

***Note:** *We recommend that each man watch the video Lesson prior to the meeting to ensure maximum impact. If not watch as a group.*