



In our church home,
you are **accepted,**
respected, and
loved!

Wednesday Prayer and Share Topic:

Redefining Stress
October 15, 2025

Questions to consider:

- How can redefining stress help us find our way out of feeling stressed?
- Have you had an experience where a guiding spirit has brought you out of a chaotic and stressful experience?
- How can uncertainty be turned around from feeling stressful to feeling hopeful?
- Do you have any healing or inspiration to share?