



4

Part 4 - What are you afraid of?

Jeremiah 17:7, 8 "He does not fear when the heat comes... no worries in the year of drought... never fails to bear fruit."

- Pastor Mattek first recounts how Jesus examined Peter about the most regretful actions of his life. **SUMMARIZE AND IDENTIFY THE TWO KEY STEPS OR ELEMENTS?**
- Pastor Mattek tells his own story. Busyness and stress were getting to him. He lost his temper, erupted in anger and had an exchange with his son. **SUMMARIZE AND IDENTIFY THE TWO KEY STEPS OR ELEMENTS?**
- Pastor Mattek says we must identify where we fall short and self-evaluate ourselves. **DISCUSS:** What are we afraid of? What are we worried about? Where are we not bearing fruit? **NOW, WHAT IS THE NEXT KEY STEP?**



5

Part 5 - Practical Suggestions

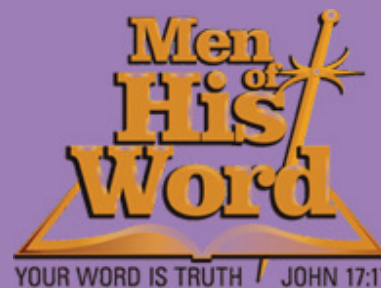
1. Plan and schedule everything – Facebook, devotions, and dates
2. Tell your plan to someone who will evaluate you regularly
3. Burn the plow – Say "No" to good things
(75% of women whose husbands play video games are unhappy)
4. Focus on work (not works) – Manage distractions
5. Brandel Champlée – "Thanks for stopping by, dad"
Quit his job..... Quit your job?

Easier said than done? How would you get started?
Which one first?

Critical Closing Thought

Jeremiah 31:34 "I will forgive their iniquity and will remember their sin no more"

- Why is it so easy to come away from this discussion overwhelmed by guilt?
- Why is forgiveness in Jesus Christ critical for husbands? Fathers? Men?



Video Discussion Guide
www.menofhisword.org

4

Find a Safe Place in the Storms of Busyness and Stress



The ever growing responsibilities of family, job, and life in a sinful world result in increasing busyness and stress. Where can the Christian man go to find a safe place in the storm?

Pastor Jeremy Mattek

2015 Conference Topic
January 31, 2015



1

Part 1 - Introduction

- **QUEUE UP:** “Find a safe place in the storms of busyness and stress” under Downloads at <http://www.menofhisword.org> , and play Part 1
- **The Song:** “Lead Me” – Your initial gut response in 3 – 5 words.....
- **DISCUSS:** What living situations may have/are causing stress for the speaker? For you and yours?
- **DISCUSS:** At what age(s) or junctures in life have you found the stresses and busyness most pronounced or severe?
- **AGREE or DISAGREE:** “I need to do a better job loving my wife. I need to do a better job taking care of my kids.”



2

Part 2 - The Wheel of Life “A”

- **TRUE OR FALSE:** “The average Joe’s idea of happiness is the Packers, beer and bratwurst?” Too harsh? Not harsh enough?

Ephesians 5:25 *Husbands, love your wives, just as Christ loved the church and gave himself up for her*

- **DISCUSS:** What is God’s idea of a man’s happiness in marriage? What does that look like in a modern marriage? How do I get there? Start?

Ephesians 6:4 *Fathers, do not exasperate your children; instead, bring them up in the training and instruction of the Lord.*

- **DISCUSS:** What is God’s idea of happiness in a family with kids? What does that look like in a modern family? How do I get there? Start? What two key items are kids looking for from their dads?

FILL IN THE BLANK:

- What % of Christian families have devotions at home ____%
- If MOM takes kids to church ____% will go to church as adults.
- If DAD takes kids to church ____% will go to church as adults.

What does this say to the prospective husband? Father?



3

Part 3 - The Wheel of Life “B”

1 Corinthians 6:19 *“Your body is a temple of the Holy Spirit... You are not your own.”*

- **DISCUSS:** Why does your health need to be of concern to you? What are some of the signs that you may not be taking care of yourself? What are health options that are available? How can you get started? Payoffs?

1 Peter 3:15 *“Always be prepared to give an answer to anyone who asks you to give the reason for the hope that you have.”*

- **DISCUSS:** How do you get to the point where you are always prepared to give an answer (other than “go ask your mother)? Do you have a favorite Bible verse? What is it? How do you become “the expert in your house”?

1 Timothy 6:17 *“God richly provides us with everything for our enjoyment.”*

- **DISCUSS:** What’s the relationship between “fun” and “finance”? Between church offerings and Packer tickets or deer hunting?

Ecclesiastes 9:10 *“Whatever your hand finds to do, do it with all of your might.”*

- **DISCUSS:** A popular concept or catch-phrase is “balance” or “maintaining balance” in one’s personal life. The speaker points out that the term “balance” is not used in the Bible. What does that say about “going all in” on God’s wheel of your life? On wife and children? How can “maintaining balance” a justification for selfishness?

1 Corinthians 15:58 *“Always give yourselves fully to the work of the Lord.”*

- **DISCUSS:** “Your wife does not get another husband. Your kids do not get another dad. You’re it... God expects you to be there like Christ would be.”
- **NOTES:**