

Stronger Than Stress Series Vision Doc **Sept 7-29, 2024**

Tagline: Spiritual practices to win the battle of overwhelm

Feel: Based off of Barb Roose's book and Bible study of the same name

Why this series now: September brings an opportunity to address a need everyone experiences and point to God's practical wisdom on it

Response Areas: Yes

Invite Pitch: Do you feel like you're living in survival mode and desperate for something to change? Do you want more of God's strength and peace in your life, but aren't sure how to get there? If the answer to one or both of those questions is "yes," then you aren't alone. A 2023 Gallup poll reported that 49% of Americans indicate feeling frequently stressed, and another study reported 25% of Americans feel so stressed they can't participate in daily activities. It's time to have honest and hopeful conversations about our hard struggles so that stress and overwhelm don't define our life. We don't have to live like this - join us.

Memory Verses: "I pray that from his glorious, unlimited resources he will empower you with inner strength through his Spirit. Then Christ will make his home in your hearts as you trust in him. Your roots will grow down into God's love and keep you strong." Ephesians 3:16-17 NLT

Weekly Topics and Content Goal:

Week 1: Sept 7/8, Baptism, Barb

Focus: Unpack Stress vs Stressors and Surrender (Ch 2)

Scripture:

Week 2: Sept 14/15, Ben, Groups Launch

Focus: Strength vs Stress and Community (Ch 5)

Scripture:

Week 3: Sept 21/22, New Findlay Campus Open, Barb

Focus: Rhythms of Grace and Sabbath (Ch 3)

Scripture:

Week 4: Sept 28/29, Ben

Focus: Unpack God's big picture vs our little view (Ch 4)

Scripture: Psalm 1

Series Goals: (low commitment steps to create weak ties for guests to engage)

- Receive a weekly resource link to content in our app from Barb Roose (used with permission) so that you can be Stronger Than Stress
 - Text WIN to 419-419-0707 and each Weds we'll send you a strategy you can put into place to win the battle with overwhelm.

How will we measure this?

- Number of people sign-up: 1000 sign-ups
- Engagement % (people click on the link): 35% viewing

Ministry Calendar and Holidays:

Sept 2: Labor Day

Sept 8: Group Leader Training

Sept 14: Fall Group Semester Begins

Sept 14-15: Child Dedications

Sept 21-22: FN Campus Open

Sept 22: Group Leader Training

Series Resources:

Next Steps

Stronger Than Stress by Barb Roose

Fam Min

Kids

- Anxiety and Crisis Conversation Guides for Preschool and Elementary (Spencer, I think Orange has some for Students as well if you're interested)
- Feelings Wheel: https://creekhelpp.com/wp-content/uploads/PC22_FeelingWheel.pdf
- <https://theparentcue.org/how-to-calm-your-anxious-child/>

Students:

<https://store.thinkorange.com/collections/parent-books/products/seen-healing-despair-and-anxiety-in-kids-and-teens-through>

<https://store.thinkorange.com/collections/parent-books/products/no-drama-discipline-book>