

*"So Christ himself gave the apostles, the prophets, the evangelists, the pastors and teachers, 12 to equip his people for works of service, so that the body of Christ may be built up 13 until we all reach unity in the faith and in the knowledge of the Son of God and become mature, attaining to the whole measure of the fullness of Christ."*  
Ephesians 4:11-13 (NIV)

1. When under stress the adrenal glands release chemicals that fuel certain functions.

- Cortisol
- Dehydroepiandrosterone (DHEA)

---

---

---

2. How do you activate the Growth Index?

- Change your view about Stressful Events:
- Fear and worry view.
- Growth oriented view.

---

---

---

*"Be strong and courageous. Do not be afraid or terrified because of them, for the Lord your God goes with you; he will never leave you nor forsake you."* Deuteronomy 31:6 (NIV)

*"So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand."* Isaiah 41:10 (NIV)

*“Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your request to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.” Philippians 4:6-7*

*“So Christ himself gave the apostles, the prophets, the evangelists, the pastors and teachers, to equip his people for works of service, so that the body of Christ may be built up until we all reach unity in the faith and in the knowledge of the Son of God and become mature, attaining to the whole measure of the fullness of Christ.”*

*Ephesians 4:11-13 (NIV)*

---

---

---

---

---

---

---

---

---

---

---

For all series resources go to: <https://realliferesources.org/current-series/>