

ROCK SOLID FAITH

FAITH GOD REQUIRES & REWARDS GREATLY!

I AM STRONGER THAN THIS STRESS

Genesis 12:10-13:18

❖ Stress - pressure or tension exerted on a material object

Pressure Pushes:

1) Pressure will try to push towards fear.

Genesis 12:10-12, ¹⁰ Now there was a famine in the land, and Abram went down to Egypt to live there for a while because the famine was severe. ¹¹ As he was about to enter Egypt, he said to his wife Sarai, "I know what a beautiful woman you are. ¹² When the Egyptians see you, they will say, 'This is his wife.' Then they will kill me but will let you live."

2) Pressure will try to push towards confusion.

Genesis 12:13, "Say you are my sister, so that I will be treated well for your sake and my life will be spared because of you."

2 Timothy 1:7(NKJV), For God has not given us a spirit of fear, but of power and of love and of a sound mind.

3) Pressure will try to push towards anger.

Proverbs 29:11, Fools give full vent to their rage, but the wise bring calm in the end.

Genesis 13:5-7, ⁵ Now Lot, who was moving about with Abram, also had flocks and herds and tents. ⁶ But the land could not support them while they stayed together, for their possessions were so great that they were not able to stay together. ⁷ And quarreling arose between Abram's herders and Lot's. The Canaanites and Perizzites were also living in the land at that time.

Genesis 13:8-9, ⁸ So Abram said to Lot, "Let's not have any quarreling between you and me, or between your herders and mine, for we are close relatives. ⁹ Is not the whole land before you? Let's part company. If you go to the left, I'll go to the right; if you go to the right, I'll go to the left."

Genesis 13:18, So Abram went to live near the great trees of Mamre at Hebron, where he pitched his tents. There he built an altar to the Lord.

❖ God's promises come true in our lives when we live surrendered.

Let Pressure Push You Towards:

1) **God's PACE**

Matthew 11:28 (NKJV), "Come to me, all you who labor and are heavy laden, and I will give you rest."

❖ **The sabbath is a commandment, not a suggestion. God rested on the seventh day.**

2) **God's PRESENCE**

❖ **In God's presence is power and provision, we were never created to do life on our own.**

Psalms 23:4, Even though I walk through the darkest valley, I will fear no evil, for you are with me . . .

3) **God's PERSPECTIVE**

❖ **Some of us are seeing obstacles where God is seeing opportunities.**

Romans 8:28, And we know that in all things God works for the good of those who love him, who have been called according to his purpose.

4) **God's PROMISES**

Romans 8:37, No, in all these things we are more than conquerors through him who loved us.

Fear - Isaiah 26:3, You will keep in perfect peace those whose minds are steadfast, because they trust in you.

Confusion - Psalm 37:23-24, The LORD makes firm the steps of the one who delights in him; though he may stumble, he will not fall, for the LORD upholds him with his hand.

Tiredness - Matthew 11:28, "Come to me, all you who are weary and burdened, and I will give you rest.

Loss of confidence - 1 John 4:4 (KJV), . . . because greater is he that is in you, than he that is in the world.

Questions:

- 1) What did you hear from the Holy Spirit?
- 2) What will you do because of it?
- 3) How can we pray for you?