

## Growing Through Pressure\_Discussion Questions

How does the image of the redwood seed requiring fire to open change your perspective on the difficult seasons you have faced or are currently facing?

James 1:2-4 tells us to consider trials as an opportunity for great joy. What makes this perspective so challenging, and how might adopting it transform our response to pressure?

The pastor identifies two responses to pressure: resistance and surrender. Which response do you tend toward naturally, and what would it look like for you to move toward surrender?

What character trait or strength has been revealed or developed in you through a past season of intense pressure that you might not have discovered otherwise?

The sermon suggests that pressure does not automatically develop us, but rather our response determines the outcome. Can you identify a time when your response to pressure led to growth versus a time when it led to bitterness?

How does the distinction between worshiping God out of response versus worshiping Him out of revelation challenge your current approach to faith during difficult times?

The pastor asks four critical questions when facing pressure: What is this exposing? What can I learn? How can I respond in faith? Who can help me? Which of these questions is hardest for you to ask and why?

In what ways might the pressures you are resisting most strongly actually be the places where God is inviting the greatest growth and transformation?

How does understanding that everyone is either in pressure, heading into it, or coming out of it change the way you view your own struggles and extend compassion to others?

The pastor's 3 a.m. message from the former prisoner was a direct answer to his desperate prayer. When have you experienced God's presence or answer in an unexpected way during your darkest moment?