

## Pressure Points

By definition, a pressure point is a particular place on the body that is sensitive to pressure. Sensitive points in our lives contain values and beliefs. All these things if pressured, cause us to panic, and naturally defend, and protect what we feel or believe to be true. Irrational thinking sprouts from pressure and causes us to be blinded by our defense. We become attached to things we need to abandon, constant on the things that need to change and lose focus on important things that need focus. We, in the end, are unable to change because we shut down and withdraw from correction, or signs of change because we see them as pressure. We constantly find ourselves rejecting the best to stay in our worst.

Pride is described as a feeling of deep pleasure or satisfaction derived from one's achievements, the achievements of those with whom one is closely associated, or from qualities or possessions that are widely admired. Similar nouns to this word are fulfillment, satisfaction, and pleasure. Pride blinds us into feeling fulfilled, satisfied with where we are, and pleased in what we already have. In the end, that disconnects us from wanting change, or even seeing the need for it. Pressure points in life hurt our pride and throw off our hearts. We can't believe we could be wrong or following a lie so we shut down. It is ultimately when we leave pride for humility, and understand we are nothing, that we see God as everything. God challenges those pressure points and instead of shutting down, we've got to surrender to His care. It is only by His spirit we can see, and only by surrendering we can overcome. When this happens, our once pressured points, become our strengths.