



“Turn Pressure into Power”

HOPE GROUP STUDY - Week of November 23, 2025

Let's Talk & Pray

- When you hear the word “pressure” what’s the first thing that comes to mind? After everyone has shared, pray for your time together.

Let’s Read the Word

- 2 Corinthians 1:8-10; Luke 22: 39-44; Matthew 26:36-46

Let’s Think

- Paul said they were “under great pressure, far beyond their ability to endure.” What does this teach us about the reality of suffering? Why do you think Paul would share about his experience of being under great pressure?
- Paul says, “This happened that we might not rely on ourselves, but on God.” Where do you think Paul may have been tempted to rely on himself? What areas of life do people rely on themselves instead of God?

Let's Share

- Is all stress bad? How do you see that different after hearing this message? What examples of good stress have helped you grow? What are some signs that stress could be chronic in your life?
- What area of your life do you feel has become a comfort zone, not challenging enough to help you grow?
- What practical habits help you to recover from stress? How can you create an environment and schedule that allow repair instead of burnout?
- In Matthew 26:36-46, Jesus said, “My soul is overwhelmed.” What does this reveal about His humanity and His example for us? What does this teach us about prayer under pressure?
- “Not My will but Yours be done.” What area of life requires this surrender right now?
- The angel strengthened Jesus after His prayer. Have you ever experienced strength that came only after surrender?
- Who in your life helps you handle pressure in a healthy way? Who increases pressure in unhealthy ways?

Let's Grow

- What is one area this week where you will embrace pressure instead of avoid it?
- What is one area where you need to reduce unhealthy pressure?

Let's Pray

What specific strength do you need God to give you right now? Pray as a group over those needs and take some time to pray together over requests.

Upcoming Events at Hope

Nov 24 - Christmas Decorating at Hope - 6:00pm

Nov 25 - Thanksgiving Service & Social - 7:00pm
(bring a pie)

Dec 2 - Hope Sisterhood/Jingles & Jammies - 6:30pm