

Father's Day Panel

I. Keys

- Pressure is not always a bad thing. It can develop something great in you.
- Jesus didn't promise us a life *without* pressure, but he *did* promise us that His grace would be sufficient in the midst of the pressure.
 - After the last supper with the disciples, Jesus knows he is about to be crucified, so he makes a stop in Gethsemane.
 - This is where he was under such intense emotional, spiritual pressure that he sweated like drops of blood.
 - Gethsemane literally means "the place for pressing oil".
 - Oil in the bible is symbolic of the Holy Spirit and the anointing.
- Under pressure, God will allow what you go through to bring you into a new level of power and anointing.
 - When we understand this, we *shouldn't freak out* over problems; instead, we *should get excited* for where God is elevating us.

II. How to Handle the Pressure

- A. Do things in the natural.
 - 1. Have an emotional, mental and physical check-up.
 - a) Take a vacation. Go to the doctor. Take your proper vitamins. Drink more water. Get some exercise. Get a hobby that you enjoy.
- B. Don't believe the lie.

John 8:44 (NKJV)

You are of *your* father the devil, and the desires of your father you want to do. He was a murderer from the beginning, and does not stand in the truth, because there is no truth in him. When he speaks a lie, he speaks from his own *resources*, for he is a liar and the father of it.

- C. Let others in.

Proverbs 11:14

Where *there is* no counsel, the people fall;
But in the multitude of counselors *there is* safety.

1. Don't go at this alone. Isolation is the devil's playground.
 - a) Don't tell *everyone* your struggle, but do tell *someone*.
 - b) Ask people to help, pray and stand with you.
 - c) A powerful thing in the local church is community. You were not created to do life alone.

- D. Develop an attitude of gratitude.
 1. Be thankful for what you have and for what God is doing.
 2. Focus more on what He *is* doing than what you *don't* understand.
 3. Count out your blessings.

- E. Don't transport cares that you were created to cast.

1 Peter 5:7

Casting all your care upon Him, for He cares for you.

- F. Go to the power source.
 1. Persevere in prayer.
 2. Seek the word of God.