

How to handle the Pressure
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I. Introduction

- a. Pressure is a common component of life.
- b. Pressure doesn't come just when we are doing wrong.
 - a. Sometimes, pressure is confirmation that what we are doing is the right decision.
 - b. This is because the pressure may be opposition to try to get us to give up the progress that we were making.
- c. It is important to remember, that God is always with us in the pressure times of life.
 - i. God is there, even when others may have abandoned us.
- d. Promotion always comes after the pressure, if we do not give up.
 - a. There are several Biblical examples of promotion after pressure.
 - i. **Job** – lost everything he had over 9 months. However, God restored twice what he lost afterwards.
 - ii. **Abraham** – He did not have the child God promised him until he was 100 years old. His lineage from his promised son Isaac ended up producing Jesus Christ and many children of God.
 - iii. **Jesus** – lived a sinless life. Died a sinner's death on the cross. However he rose from the dead and is now ruling and raining for ever more with all power in his hands.
 - iv. **Daniel, Shadrach, Meshach and Abednego** – They choose God's decrees over the king's during several occasions. God proved faithful to deliver them from the deadly consequences every time.

Daniel 3:1-30 [NIV]

King Nebuchadnezzar made an image of gold, sixty cubits high and six cubits wide, and set it up on the plain of Dura in the province of Babylon. ² He then summoned the satraps, prefects, governors, advisers, treasurers, judges, magistrates and all the other provincial officials to come to the dedication of the image he had set up. ³ So the satraps, prefects, governors, advisers, treasurers, judges, magistrates and all the

other provincial officials assembled for the dedication of the image that King Nebuchadnezzar had set up, and they stood before it.

⁴ Then the herald loudly proclaimed, “Nations and peoples of every language, this is what you are commanded to do: ⁵ As soon as you hear the sound of the horn, flute, zither, lyre, harp, pipe and all kinds of music, you must fall down and worship the image of gold that King Nebuchadnezzar has set up. ⁶ Whoever does not fall down and worship will immediately be thrown into a blazing furnace.”

⁷ Therefore, as soon as they heard the sound of the horn, flute, zither, lyre, harp and all kinds of music, all the nations and peoples of every language fell down and worshiped the image of gold that King Nebuchadnezzar had set up.

⁸ At this time some astrologers came forward and denounced the Jews. ⁹ They said to King Nebuchadnezzar, “May the king live forever! ¹⁰ Your Majesty has issued a decree that everyone who hears the sound of the horn, flute, zither, lyre, harp, pipe and all kinds of music must fall down and worship the image of gold, ¹¹ and that whoever does not fall down and worship will be thrown into a blazing furnace. ¹² But there are some Jews whom you have set over the affairs of the province of Babylon—Shadrach, Meshach and Abednego—who pay no attention to you, Your Majesty. They neither serve your gods nor worship the image of gold you have set up.”

¹³ Furious with rage, Nebuchadnezzar summoned Shadrach, Meshach and Abednego. So these men were brought before the king, ¹⁴ and Nebuchadnezzar said to them, “Is it true, Shadrach, Meshach and Abednego, that you do not serve my gods or worship the image of gold I have set up? ¹⁵ Now when you hear the sound of the horn, flute, zither, lyre, harp, pipe and all kinds of music, if you are ready to fall down and worship the image I made, very good. But if you do not worship it, you will be thrown immediately into a blazing furnace. Then what god will be able to rescue you from my hand?”

¹⁶ Shadrach, Meshach and Abednego replied to him, “King Nebuchadnezzar, we do not need to defend ourselves before you in this matter. ¹⁷ If we are thrown into the blazing furnace, the God we serve is able to deliver us from it, and he will deliver us from Your Majesty’s hand. ¹⁸ But even if he does not, we want you to know, Your Majesty, that we will not serve your gods or worship the image of gold you have set up.”

¹⁹ Then Nebuchadnezzar was furious with Shadrach, Meshach and Abednego, and his attitude toward them changed. He ordered the furnace heated seven times hotter than usual ²⁰ and commanded some of the strongest soldiers in his army to tie up Shadrach, Meshach and Abednego and throw them into the blazing furnace. ²¹ So these men, wearing their robes, trousers, turbans and other clothes, were bound and thrown into the blazing furnace. ²² The king’s command was so urgent and the furnace so hot that the flames of the fire killed the soldiers who took up Shadrach,

Meshach and Abednego, ²³ and these three men, firmly tied, fell into the blazing furnace.

²⁴ Then King Nebuchadnezzar leaped to his feet in amazement and asked his advisers, "Weren't there three men that we tied up and threw into the fire?"

They replied, "Certainly, Your Majesty."

²⁵ He said, "Look! I see four men walking around in the fire, unbound and unharmed, and the fourth looks like a son of the gods."

²⁶ Nebuchadnezzar then approached the opening of the blazing furnace and shouted, "Shadrach, Meshach and Abednego, servants of the Most High God, come out! Come here!"

So Shadrach, Meshach and Abednego came out of the fire, ²⁷ and the satraps, prefects, governors and royal advisers crowded around them. They saw that the fire had not harmed their bodies, nor was a hair of their heads singed; their robes were not scorched, and there was no smell of fire on them.

²⁸ Then Nebuchadnezzar said, "Praise be to the God of Shadrach, Meshach and Abednego, who has sent his angel and rescued his servants! They trusted in him and defied the king's command and were willing to give up their lives rather than serve or worship any god except their own God. ²⁹ Therefore I decree that the people of any nation or language who say anything against the God of Shadrach, Meshach and Abednego be cut into pieces and their houses be turned into piles of rubble, for no other god can save in this way."

³⁰ Then the king promoted Shadrach, Meshach and Abednego in the province of Babylon.

- e. Therefore, it is important to be able to handle pressure effectively instead of allowing it persuade us to give up.

5 Keys to "Handle the Pressure"

- a. Listen to encouraging words.
 - i. Encouraging words are Godsendings to build our faith.
 - ii. We can get encouraging words from church, the Bible or from other Godly people.

Proverbs 12:25 [NKJV]

Anxiety in the heart of man causes depression,
But a good word makes it glad.

- b. Do the natural or take action steps to remedy the situation.

James 2:20 [NKJV]

But do you want to know, O foolish man, that faith without works is dead?

- c. Don't be surprised when times of pressure come.

1 Peter 4:12-13 [NIV]

¹² Dear friends, do not be surprised at the fiery ordeal that has come on you to test you, as though something strange were happening to you. ¹³ But rejoice inasmuch as you participate in the sufferings of Christ, so that you may be overjoyed when his glory is revealed.

- d. Don't believe the lie.
 - i. Don't follow or believe negative thoughts.
 - ii. Speak against negative thoughts.

John 8:44 [NIV]

You belong to your father, the devil, and you want to carry out your father's desires. He was a murderer from the beginning, not holding to the truth, for there is no truth in him. When he lies, he speaks his native language, for he is a liar and the father of lies.

- e. Don't fight out of your own strength
 - i. Praising God invites him to come in and remedy your situation.

Proverbs 21:31 [NKJV]

The horse *is* prepared for the day of battle,
But deliverance *is* of the LORD.

2 Corinthians 10:3-4 [NKJV]

³ For though we walk in the flesh, we do not war according to the flesh. ⁴ For the weapons of our warfare *are* not carnal but mighty in God for pulling down strongholds...