



# UNDER PRESSURE

## UNDER PRESSURE, PART 1: PRESS INTO THE PRESSURE

There are countless studies, polls, podcasts, and discussion about the negative effects of the pressure in our lives. But if we're not careful, we can start to think that all pressure is bad. But life couldn't exist without pressure. Our physical body cannot function without pressure: Blood Pressure, Air Pressure in the lungs, Pressure in the Eyes. It is God that uses pressure in our life to form us and make us into what He wants us to be.

**THE BIG IDEA:** To be shaped by the Potter's hands, we must surrender.

### DISCUSSION QUESTIONS

**Definition of Pressure: n. :** The burden of physical or mental distress, the constraint of circumstance, impression, the act of force against an opposing force, the stress or urgency of matters demanding attention.

1. Based on the definition of pressure, what are some of the pressure you face in your life?
2. Kim said, "When we feel pressure in our lives, we say things like, 'I'm so stressed out.' 'I feel overwhelmed.' 'I just can't take this pressure.' But what if there is a different way to look at pressure we face? What if pressure is meant to help remove the dingy, dirty, and moldy places in our lives and reveal the beauty of where we are growing, especially when it comes to our relationship with Jesus?"
3. How does pressure look different when we view it through the lens of God's work in our lives?
4. [With your Bible or Bible App, read Isaiah 64:8.](#)

*Yet you, Lord, are our Father. We are the clay, you are the potter; we are all the work of your hand.*

[Isaiah 64:8 \(NLT\)](#)

5. Have you ever thought of God as a potter and you as the clay? If not, how does the image affect the way you think of God?
6. Kim said, "His work is shaping, my work is surrender. Surrender is not giving up, it's giving in." Is the idea of surrender difficult for you? Why is that?
7. How do you feel when you think about surrendering to God? Do you feel worried or anxious? Do you trust Him?
8. [With your Bible or Bible App, read Jeremiah 18:1-5.](#)

<sup>1</sup> "The Lord gave another message to Jeremiah. He said, <sup>2</sup> "Go down to the potter's shop, and I will speak to you there." <sup>3</sup> So, I did as he told me and found the potter working at his wheel. <sup>4</sup> But the jar he was making did not turn out as he had hoped, so he crushed it into a lump of clay again and started over. <sup>5</sup> Then the Lord gave me this message: "O Israel, can I not do to you as this potter has done to his clay? As the clay is in the potter's hand, so are you in my hand."

[Jeremiah 18:1-5 \(NLT\)](#)

9. Have you ever been there? Trying to create something new? Hoping for a dream to come true, for your hard work to pay off, praying for a do over? But time after time it does not turn out the way you had hoped?
10. Perhaps it is time for you to take a look at which potter you are allowing to put pressure to your and shape your life. Who or what are you allowing to shape your life? Does the pressure from there give you peace or leave you longing for more? Does the pressure bring you closer to God or distract you from Him?
11. Has there been a season in your life where you feel like God is trying to teach something that you were not willing to learn and He kept taking you back to the start?

12. [With your Bible or Bible App, read James 1:23-24.](#)

*For if you listen to the word and don't obey, it is like glancing at your face in a mirror. You see yourself, walk away, and forget what you look like.* [James 1:23-24 \(NLT\)](#)

13. How can we allow the shaping of the potter to change us so that we do not forget what we look like?
14. Kim said, "If the God of all creation can manage the delicate pressure that is necessary for us to survive in this physical body, CAN HE NOT manage the pressure of doing His work in you to create a life of beauty, promise and fulfillment that brings honor to Him and shows off the handiwork of His goodness and faithfulness to you?"
15. Reflecting on the delicate balance of pressure God uses to keep our physical bodies alive, how much more does the pressure of His hands in your life remind you of His care for you?

## THINK ABOUT IT

He presses into us and there are times when that pressing will create deep grooves in us, when we are marked for life by His shaping and molding, and by the spinning of the wheel. But make no mistake, there will also be times when, despite His best efforts in us, we as the clay will resist, and He will use the pressure of His hands to lift us off the wheel and take us back to the start and begin His work on us and in us again.

## WHAT WILL YOU DO?

Perhaps you do not feel like anyone can possibly understand your hurt and pain. You've come through some difficult days and hard seasons, and you are in need of the healing hand of the Potter. How will you allow the healing hands of the Potter to heal your wounds?

## CHANGING YOUR MIND

*Yet you, Lord, are our Father. We are the clay, you are the potter; we are all the work of your hand.*

*Isaiah 64:8*