



Title: Pray for Power in Pressure

Main Scripture: Mark 1:35

**Acknowledge the pressure.**

(Mk 1:21-39)

**Pray for power in pressure (v 35)**

(Is 57:14-15, 2 Sam 22:31)

**Walk through pressure with God's power.**

(Mk 1:36-39; Ps 139:1-18, 23-24)

## How do we make prayer a pattern in our lives?

- A choice
- A time
- A purpose
- A pattern

*“Our pursuit of God is successful  
because He is forever seeking  
to manifest Himself to us.”*

A.W. Tozer

# “Pray for Power in Pressure”

December 3 & 4, 2022

Small Group Sermon Study | Mark 1:35

**Prayer:** *Father, we thank You for who you are. May we be renewed and transformed through the study of Your word. Holy Spirit, lead us as we read, discern and discuss this passage together. In Jesus' name, amen.*

## Icebreaker:

What does a pressure-filled day or season look like to you?

**Read the key passage(s) of Scripture from the message and review the sermon notes, then answer the following questions:**

1. Do you think life was easy for Jesus? Why or why not? How do you think the pressures He faced affected Him?
2. How are the pressures you are facing affecting you? What are some of the unhelpful ways that you are responding to the pressure?
3. What does it look like for you to walk through the pressure with God's power? Do you have an example in your life where you have done or are doing this well?
4. How has prayer affected your ability to receive God's power? What transformation within you and/or your circumstances has happened as a result of prayer?
5. Aside from prayer, what are some other ways that Jesus responds to pressure? What can you apply to your life from His example?
6. Serving Like Jesus involves caring for others who are under pressure. What are some practical things that you can do this week for someone else who is under pressure to show God's love to them?

## Personal Reflection:

- What emotions does this passage or key theme bring up in your heart? How will you manage those emotions as you carry on through your week?
- What do you need to surrender to Jesus? How will you respond to what Jesus is showing you?
- What word, phrase, verse or challenge do you need to take with you this week? How will you act on what you've heard?

**Prayer:** *Spend some time praying for one another and for some of the practical and spiritual needs of those around you. Consider praying a specific scripture verse of blessing or encouragement for each other.*