



Date: 08/31/25

Speaker: Sarah Olea

Pressed But Not Destroyed: Living Renewed in Christ

Scripture

1. Casting burdens and living renewed in Jesus

- Scripture:
 - *Philippians 4:6–7 (KJV)* – Be anxious for nothing; prayer brings peace.
 - *1 Peter 5:7 (NLT)* – Give all your worries to God, for He cares about you.
 - *Psalms 55:22 (KJV)* – Cast your burden on the Lord, He will sustain you.
 - *Proverbs 19:21 (NLT)* – Many plans, but the Lord's purpose prevails.
- Notes:
 - God's purpose will prevail over all. Cast your concerns to the Lord ensuring our actions align with his will.
- Question:
 - Am I truly casting my cares on the Lord, or am I still trying to carry them on my own?

2. The new man transformation in Christ

- Scripture:
 - *Ephesians 4:24 (KJV)* – Put on the new man in righteousness and holiness.
 - *Colossians 3:10 (KJV)* – The new man is renewed in knowledge after God's image.
 - *Mark 2:22 (KJV)* – New wine must go into new wineskins.
 - *2 Corinthians 5:17 (KJV)* – If anyone is in Christ, he is a new creation.
- Notes:
 - Transformation requires surrender, transparency and resilience.
 - We have to put on the new man. It's not something that we wait around for someone to do for us.
- Question:
 - In what areas in my life do I try to fit new wine into old wine skins?

3. Pressed but not crushed

- Scripture:
 - *2 Corinthians 4:8–11, 16–18 (NLT/KJV)* – Pressed but not crushed, perplexed but not in despair; inwardly renewed daily.

- *Romans 8:17–18 (KJV)* – Suffering with Christ leads to future glory.
- *Romans 5:3–5 (AMP)* – Suffering produces endurance, character, and hope.
- *Hebrews 12:3–4 (AMP)* – Consider Christ's endurance so we do not lose heart.
- *1 Peter 5:10 (NIV)* – After suffering, God Himself restores and strengthens.

- Notes:

- We're being strengthened in trials and building endurance and faith. It's an opportunity to grow. Trials reveal the Christ in us and
- Afflictions refine us.
- We need the Lord every day. Endure and be inwardly renewed daily.

- Question:

- When trials press me, do I focus on the pressure or do I look for how God is renewing me through it?

4. Shine light in darkness

- Scripture:

- *2 Corinthians 4:4–7 (KJV/NLT)* – God's light shines in fragile jars of clay.
 - *1 Peter 2:9 (KJV)* – A chosen generation, called out of darkness into light.
 - *Matthew 5:13 (AMP)* – Believers are the salt of the earth.
 - *John 8:31–36 (NLT)* – The truth and the Son set us free.
 - *Hebrews 4:12 (NLT)* – The Word of God is alive and powerful.

- Notes:

- We are chosen to shine God's light in the darkness until He comes again.

- Question:

- How can I intentionally shine Christ's light in a world that is consumed by darkness,

5. Living with eternal perspective

- Scripture:

- *2 Corinthians 4:17–18 (KJV/NLT)* – Light affliction produces eternal glory; fix eyes on unseen things.
 - *Romans 8:18 (KJV)* – Present sufferings cannot compare to future glory.
 - *Matthew 6:21 (NLT)* – Where your treasure is, there your heart is also.
 - *Romans 15:13 (NIV)* – God fills us with hope and joy by the Spirit.
 - *Jude 1:20–22 (NLT)* – Build each other up, pray in the Spirit, show mercy.

- Notes:

- Our troubles are temporary. Eternal glory is forever. Faith and obedience keeps us focused on what truly lasts.

- Questions:

- Am I living for what is eternal or am I too distracted by the temporary things that I can see?

6. The call to obedience and witness

- Scripture:

- *John 13:35 (NLT)* – Love for one another shows we are disciples.
 - *Matthew 28:18–20 (NLT)* – The Great Commission.
 - *Galatians 5:25 (NLT)* – Live by the Spirit in every part of life.

- *1 Timothy 6:11–14 (NLT/KJV)* – Fight the good fight of faith, pursue righteousness.
- *Daniel 11:32 (NLT)* – Those who know their God will be strong and resist.

- Notes:
 - Our response to God's renewal is obedience.
- Questions:
 - What step of obedience can take right now that strengthens God's presence in the life of others?