

## When You're Under Pressure

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is God's training program for me and the pressure points I face have a

<sup>2</sup>Count it all joy, my brothers, when you meet **trials** of various kinds, <sup>3</sup>for you know that the **testing** of your faith produces **steadfastness**. <sup>4</sup>And let steadfastness have its full effect, that you may be perfect and complete, lacking in nothing.

<sup>5</sup>If any of you lacks wisdom, let him ask God, who gives generously to all without reproach, and it will be given him. <sup>6</sup>But let him ask in faith, with no doubting, for the one who doubts is like a wave of the sea that is driven and tossed by the wind. <sup>7</sup>For that person must not suppose that he will receive anything from the Lord; <sup>8</sup>he is a double-minded man, unstable in all his ways.

<sup>12</sup>Blessed is the man who remains steadfast under trial, for when he has stood the test he will receive the crown of life, which God has promised to those who love him.

James 1:1-8, 12 ESV

#### Lessons for when I'm under pressure:

•	l experience trials in this life.  James 1:2; Job 5:7; John 16:33; Romans 8:17; 1 Peter 4:12					
	- Why?	,	ans 5:12, 8:20-22; Ephesians 2:1-3			
•	My challenge: Don't just	through it,	through it! <i>Isaiah 55</i> :8-9			
	I'm f	acing pressure in life,	_ is where God wants to grow me			
•	Growth requires a shift in p	perspectives				
	- Instead of	, we can choose	(v. 2)			
	- Instead of	, we can (v. 3)				
	- Instead of	_, we can experience great	(vv. 4, 12)			
he	n I'm under pressure,	can be found in Romans 3	:10-12, 23; 5:1, 8; 6:23; 8:1; 10:9-10, 13			







#### **Memory Verse**

<sup>2</sup>Count it all joy, my brothers, when you meet trials of various kinds, <sup>3</sup>for you know that the testing of your faith produces steadfastness.

James 1:2-3 ESV

#### **Recommended Resources:**

<u>36 Key Scriptures to Know and Memorize</u>

<u>Suffering is Never for Nothing</u> by Elisabeth Elliot

# Online Notes

### My next step today is to...

- o Memorize James 1:2-3
- o Accept Jesus as my Lord and Savior for the first time!
- o Identify my #1 pressure point: \_\_\_\_\_
- o Read James 1:1-12 at least twice this week
- o Commit to join us for the rest of the Pressure Points series
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## Questions to consider when under pressure:

- Is God allowing me to go through this pressure right now so that I will clearly see that I need Him and that I can trust Him?
- Is God allowing me to go through this pressure or crisis right now in order to humble me and teach me how to learn from and/or accept help from others?
- · What is God using in my life, right now, to make me more like Jesus?
- · How is God using the circumstances of my life, right now, to grow me?

Additional Notes:						