

July 23, 2025
Christian Living
Handling Pressure

1. What does Jeremiah 12:5 say to you about facing and handling times of pressure in your life?

2. What kinds of pressures do you face in your life?

3. Paul went through times of pressure in his ministry. What does he describe in 2 Cor. 4:8-9?

4. What was Paul's response to the 4 following conditions?

* Troubled

* Perplexed

* Persecuted

* Cast down

5. What is the blessing mentioned by Paul in 2 Corinthians 4:10 that comes to those who bear the dying of the Lord Jesus in their lives?

6. What does 1 Corinthians 10:13 teach you?

7. What is the promise of God that is given to the righteous in Psalm 34:19 even in the midst of affliction?

8. In Isaiah 40:31, what are the promised blessings to those who learn to wait upon the Lord?

1)

2)

3)

4)

9. The following are suggestions which may help during times of stress:

(1) We need to set priorities which will mean that we must often learn to say “no” to people and to circumstances.

* What does Jesus tell us to do in Matthew 6:33?

(2) The believer cannot continue to work and serve 24 hours a day 7 days a week without rest. At times we need to separate ourselves from work and circumstances for a time of rest.

* What did God do on the 7th day after creation? (Gen. 2:2)

* What did Jesus tell the disciples to do in Mark 6:31?

* Jesus desires to be our refreshment, our strength and our life. What invitation does He extend to all who are weary in Matt. 11:28?

* What promise does Jesus give to all who bear His yoke and learn of Him? Matt. 11:29

(3) Learn to get alone with God, especially when the pressures of life assail upon you.

* What did the Psalmist call his place of refuge when he was alone with God in Psalm 91:1?

* What can you (do you) learn from Psalm 91?