

Pressure

We all have to deal with pressure in our lives: pressure to perform, conform, impress people, buy things. But when pressure is on, it can distract us so that we don't think clearly and can make bad choices. The pressures of life can overwhelm us if we let them. So the key is - don't let them! When you start to feel the pressure in a situation, turn to God and His Word. Refuse to give in to pressure, and instead spend some with Him in prayer, asking the Lord for wisdom and guidance concerning whatever situation you are facing.

Romans 8:28 And we know that all things work together for good to them that love God, to them who are the called according to His purpose.

2 Corinthians 4:8-9 We are afflicted in every way, but not crushed; perplexed, but not driven to despair; 9 persecuted, but not forsaken; struck down, but not destroyed;

James 1:2-4 Count it all joy, my brothers, when you meet trials of various kinds, 3 for you know that the testing of your faith produces steadfastness. 4 And let steadfastness have its full effect, that you may be perfect and complete, lacking in nothing.



*Adapted from "Keep Calm and Trust God" by J&K
Provance for Men In The Hood Ministries
Gardenside Baptist Church, Lexington KY*

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Prayer – Lord, please help me to stay calm and maintain my peace when faced with pressured situations. Help me not to feel forced into making rash or hasty decisions. Show me how to not give in to the pressure, to act before I am confident what the correct course of action actually is. Help me not to let the pressure of the moment force me into making an ill-fated decision that I will regret. Give me wisdom and clarity of thought to properly discern the choices available to me. Let me not be agitated, disturbed or intimidated by the circumstances around me. Grant me your peace so that I may maintain calmness in the midst of adversity. I ask you for your guidance and direction concerning the choices before me. Lord I trust you and will follow your direction. Amen.

Quote “Lord, when we long for the life without difficulties, remind us that oaks grow strong in contrary winds and diamonds are made under pressure.” - Peter Marshall



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