Heroic Faith – Week 1 Faith Under Pressure Teaching Notes

Negative Responses to Pressure

- We can get ______ in confusion.
- We can withdraw or _____.
- We can get mean and _____.

Why Do We Experience Pressure?

- We do something _____.
- Other people make bad ______.
- God _____us there.

How does God Use Pressure and Uncertainty?

- 1. God uses pressure to ______His power.
- 2. God uses pressure to _____our trust and dependence on Him.
- 3. God uses pressure to grow us _____.

How We Respond To Pressure

- 1. Fear _____.
- 2. Stand ______.
- 3. _____your peace.
- 4. Go _____.

Small Group Discussion Guide

Overview

Life is full of pressures. It can be from family, friends, career, money, relationships, and more. Pressure is not new. In fact, it has existed since Adam and Eve sinned in the garden of Eden. Throughout the Bible we see key figures who had to deal with overwhelming pressures. Reading through the book of Psalms is a great illustration of the daily pressures of which David lived. We live in a world that is uncertain of how to best deal with the pressures of life. Thankfully, the Bible gives us examples and guidance in how to deal with the uncertainty and pressures of life in such a way, that we can find peace amid all the chaos.

Opening Question

What is the one thing that causes you the most pressure in life and what made that pressure particularly challenging?

Read & Discuss

1. Read Exodus 14:9-15

Discuss How do you think the Hebrews felt when they saw the Egyptian army pursuing them, especially since they thought God was delivering them.

Discuss How can we support others who may be experiencing a challenge or life pressure?

Discuss When we face pressure, our tendency, in the flesh, is to question, murmur, and complain. How does reliance on God's strength allow us to respond differently?

Discuss In Exodus 14:15 God says *"Why are you crying out to me?"*. He makes it clear that He expects us to take action. Reflecting on your life, where do you need to take action and what does that look like?

Discuss How can you combat those things that get in your way from taking action? Discuss a plan of action.

2. Read Genesis 39:20-23

Discuss How did God bless Joseph through his life pressure?

For Further Study

Read Ephesians 6:10-12, John 10:10, Matthew 16: 21-23, Matthew 22:15-21, 1 Samuel 17, Genesis 37 and 39-45, Exodus 2, Exodus 13-14 and Deuteronomy 8:2.