

LIVING VICTORIOUSLY

1. Over Pressure



Introduction

The Bible promises us victory in Christ, but each one of us faces struggles in our lives. We face pressures, disappointments, hurts and fears. The answers to these are found in God's Word. In Christ, we can not only cope, but experience victory.

Let's look at pressure. Often our time seems pressured as we cope with our work or studies and our family situations. In Ephesians 5:16 the Apostle Paul tells us to make the most of our time. In order to do that we need to establish priorities in our lives.

- ☒ Make a list of what you believe are the priorities in your life right now and put them in the order of what you think is the most important. Here are some possibilities to include in your list:-

- i. Relationship with God
- ii. Work or study
- iii. Husband/Wife
- iv. Children
- v. Parents
- vi. Siblings
- vii. Community
- viii. Church
- ix. Sports



- ☒ Share what your priorities are right now.
- ☒ We have chosen to follow Jesus. He is our example in setting priorities. What could Jesus say after his three years of ministry on earth? John 17:4
- ☒ What do you think were the keys to his success?

One of the keys to Jesus' success was the way in which he regularly spent time with his Heavenly Father. During these times with the Father he learnt to listen to his voice and then he would simply do whatever his Father had told him. See Mark 1:35, John 8:29

- ☒ When do you have personal time with God? Let's learn from one another how we can develop this time alone with God and grow in our relationship with him.
- ☒ Look up the following verses that speak about coping with the pressures of life. Which one is most relevant to you right now?

Matthew 11:28- 29
Ephesians 3:16-17
Philippians 4:6-7, 13, 19
James 1:2-4

Conclusion

When we spend time alone with God it will help us set our priorities right and help us cope with the pressures that come during that day. This is the way Jesus lived, and despite facing enormous pressures, he lived in victory. Let's do what Jesus did!