



This week, we began a new series called Diamonds. In this series, we are going to talk about the different kinds of pressure that you may feel. Then, we are going to see how God can use that pressure.

KNOW GOD

Remember

Read Proverbs 3:11-12. Why does God apply pressure to you? Who can we look to and see how God applied pressure?

Do you remember or can you find an example from the Bible where a diamond was created from pressure God applied?

What does God say?

Read and write Hebrews 12:2 on another sheet. What does this verse say to you?

According to this verse, where should your focus be?



SHOW GOD

What do you think?

Is every pressure you feel good? Bad? What are some pressures you feel in your life?

Read Isaiah 64:8. According to this verse, who is the potter? Who is the clay?

What does it mean to you if God is applying pressure to turn you into a diamond?

Now You



Take some time and learn Hebrews 12:2 this week.

Challenge



Think of how God can use the pressures you feel to turn you into a diamond.





This week, we talked about peer pressure. Peer pressure is when you feel pressure to act or think a certain way because people around you are doing something. It can be both good and bad.

KNOW GOD

Remember

We are not the only people who have faced peer pressure. The Bible is full of people who faced peer pressure. We talked about four of those people. Take a few minutes to look at how they reacted:

Read Daniel Chapter 6. Why did Daniel get in trouble with the king? What happened as a result of following God's word?

Read Esther Chapters 4 and 7. How did Esther stand up to the king?

Read Acts 7:51-60. How did Stephen stand up for Jesus? What happened as a result of standing up for what was right?

SHOW GOD

What do you think?

What are some ways you feel negative peer pressure?

Is it easier to give in to negative peer pressure or to stand up for what is right? Why?

How does it make you feel to know that God has a plan for you, even if you feel left out or you stand out?

What does God say?

Read and write Hebrews 12:11 on another sheet. What does this verse say to you? According to this verse, what is the result of discipline?



Now You



Take some time and learn Hebrews 12:11 this week.

Challenge



Take a stand for something that you know is important even if you stand alone.



We not only feel pressure from God and our peers, but those in authority as well. It can be hard not to argue or fight back, but when we listen and obey, we are saving ourselves pain and stress.

KNOW GOD

Remember

We talked about two different times that Jesus, the Son of God, submitted to the authority in his life. Do you remember who the first authority Jesus submitted to was?

Read John 2:4. How did Jesus respond when his mother was talking to him? What did he do?

Before Jesus went to the Cross, he spent time praying to God. Read Luke 22:42. What does he ask God to do? Who's will does he want?

What does God say?

Read and write Ephesians 6:1 on another sheet. What does this verse say to you?

According to this verse, who should you obey?



SHOW GOD

What do you think?

Who are some of the authorities in your life? What kind of pressure do you feel from them?

Read Romans 13:1. What does it mean to submit? Is it always easy to submit to authority? Why or why not?

What reward will we have when we submit to authority?

Now You



Take some time and learn Ephesians 6:1 this week.

Challenge



Submit to those in authority in your life. Watch to see if God uses your obedience to bless you throughout the week.





This is our last week to talk about pressure. This week, we talked about the pressure from within. We can have peace knowing that Jesus died on the Cross for us. Even when we aren't our best, Jesus still went to the Cross for our sins.

KNOW GOD

Remember

Read Philippians 3:14. According to the verse, why should we continue reaching for the end of the race? What are some ways that this might cause you to feel pressure?

Read Philippians 4:6. What does this verse tell us to do when we feel pressure?

Do you remember why we can still have peace even when we feel stressed?

What does God say?

Read and write Philippians 4:6 on another sheet. What does this verse say to you?

According to the verse, what should we do instead of worrying?



SHOW GOD

What do you think?

What are some things that cause you to be stressed? What do you do when you are stressed?

Do you recognize the things that cause you to feel stressed? What are some things you can do to help you not feel stressed?

Is all stress bad? Why or why not?

Now You



Take some time and learn Philippians 4:6 this week.

Challenge



When you feel yourself getting stressed, stop to pray and tell God what you need.



DEEPLY ROOTED