

WHAT TO DO UNDER PRESSURE

GUEST SPEAKER: RICKY JENKINS
PASTOR, SOUTHWEST CHURCH

What makes the Book of Daniel special?

It's not just about _____; it's about a _____.

What does Daniel teach us about pressure?

Pressure _____.

What to remember when under pressure:

1. Don't forget about the _____
God always has _____ for your _____.

Then King Darius wrote to all the peoples, nations, and languages that dwell in all the earth: "Peace be multiplied to you. I make a decree, that in all my royal dominion people are to tremble and fear before the God of Daniel, for **he is the living God, enduring forever; his kingdom shall never be destroyed, and his dominion shall be to the end.**" Daniel 6:26

2. Don't forget about the _____
When Daniel knew that the document had been signed, he went to his house... He got down on his knees three times a day and prayed and gave thanks before his God, **as he had done previously.** Daniel 6:10

3. Don't forget about the _____
Then Daniel said to the king, "O king, live forever! **My God** sent his angel and shut the lions' mouths, and they have not harmed me, because I was found blameless before him; and also before you, O king, I have done no harm." Then the king was exceedingly glad, and commanded that Daniel be taken up out of the den. So Daniel was taken up out of the den, and no kind of harm was found on him, **because he had trusted in his God.** Daniel 6:21-23

Daniel didn't just thank God _____ in his _____; he thanked God _____ with his _____.

QUESTIONS

For personal reflection or group discussion

1. In what ways are you feeling under pressure right now? How has that impacted you? How has it impacted your relationships with others and your relationship with God?
2. Please read 2 Corinthians 4:16-18. Have you been able to see any purpose in the pressure(s) you're currently going through? If you don't see any purpose now, how have you seen God's purpose working through pressures in the past? How does it encourage you to know that pressures you face can have a purpose?
3. Please read Lamentations 3:22-24. How do life pressures tempt you away from faithfulness to God and your relationships? Think about the pressures you're currently experiencing, how could faithfulness to God be a guide through this season of pressure?
4. Please read 1 Peter 5:7. It is so easy for us to forget that the God of the universe invites us to call him Father. Write down two ways you can give your pressures to your heavenly Father today. Ask God to remind you each time you're tempted to take your pressures back on yourself, that He is there to carry your anxieties and that He cares for you!

HELP FOR NAVAJO NATION

The Navajo have been hit hard by COVID-19, and are running low on supplies and funds. Drop off donations in the marked barrels in the church office lobby Mon–Thu 9am–4pm until 6/29. For more info: robin@tlc.org.

Here's what the Navajo have requested:

- Daily devotionals like Daily Bread
- Art supplies & games (for kids stuck at home)
- Infant & adult diapers
- Poise & feminine hygiene products - assorted - light, medium, heavy
- Cleaning supplies of any kind (Bleach & disinfectant)
- Hand sanitizers & hand soap
- Masks & gloves
- Vitamins

KRUZ KIDZ

Do you have kids who need some summer fun? Kruz Kidz has 5 weeks of fun and excitement from 7/6–8/7 on the TLC campus. Each week is a new experience with fun skits, lively worship, crafts, Bible time, games, water play, and more! All the information is at kruzkidz.com