

KEEP TALKING

In this brand-new series, Pastor Julie offered us a new perspective on the pressures we face. We all know what it feels like to be pressed on every side, but it doesn't have to crush us — it can actually point us to the power of God at work in our lives. Use this guide to keep talking about the message.

SERMON HIGHLIGHTS

- If you have a pulse, you experience pressure.
- What's working *against* you may actually be working *for* you.
- Pressure is a privilege.
- God's Spirit *in* you is greater than the pressure *around* you.
- When you're under pressure, you need to **reposition yourself in God's presence** and **call for reinforcements**.

KEY SCRIPTURES

- John 16:33
- 2 Corinthians 4:7-9
- 2 Corinthians 1:8-9
- Mark 14:34-35

START TALKING

- What's one thing you enjoy doing that actually comes with a little pressure (sports, cooking for people, leading people, etc.)?

KEEP TALKING

- What kind of pressure have you been under lately (financial, work, relationships, etc.)?
- We don't always get to choose the pressure we face, but we do get to choose our perspective. How would you describe your perspective on the pressure you've been facing?
- Pastor Julie used a juicer to show that pressure can produce good things. What might the pressure you're currently facing be producing in you (deeper trust, patience, endurance, etc.)?
- Pastor Julie said, "Don't let what you *don't* know cause you to forget what you *do* know." Where are you navigating uncertainty right now? What truth do you need to hold on to?
- Read 2 Corinthians 4:7–9. What would it look like for you to live this week like God's power is greater than the pressure around you?

KEEP IT GOING

- Pastor Julie challenged us to reposition ourselves in God's presence — and this isn't just a word to hear, it's a word to live out this week.
 - One simple way to do that is to jump into our [Pressure Points devotional](#), available on our website or in the Christ Fellowship App.
 - Another great way to keep this conversation going is to join us for [Keep Talking Live](#) this Wednesday at 7PM. And if you can't tune in on Wednesday, no worries — it will be available on YouTube so you can watch later in the week.

PRAYER

Jesus, we're so grateful that you're a Savior who can understand the pressures we face. Thank you for showing us what it looks like to be pressed, but not crushed. Use the pressure we're facing to make us fruitful for your glory. Amen.