

STANDING STRONG

LIVING RIGHT UNDER PRESSURE

LESSON 1 // GET READY

Big Idea: Pressure is part of life. To prepare well for the pressure you'll face in the future: pay close attention to God-given influences in your life; apply yourself diligently in your present responsibilities; and choose your friends carefully.

Daniel 1:4, 6 (NLT) *"Select only strong, healthy, and good-looking young men," he said. "Make sure they are well versed in every branch of learning, are gifted with knowledge and good judgment, and are suited to serve in the royal palace. Train these young men in the language and literature of Babylon." ... 6 Daniel, Hananiah, Mishael, and Azariah were four of the young men chosen, all from the tribe of Judah.*

Proverbs 22:6 (AMP) *Train up a child in the way he should go [teaching him to seek God's wisdom and will for his abilities and talents], Even when he is old he will not depart from it.*

1 Corinthians 11:1 (NIV) *Follow my example, as I follow the example of Christ.*

Luke 16:10 (NLT) *If you are faithful in little things, you will be faithful in large ones. But if you are dishonest in little things, you won't be honest with greater responsibilities.*

Proverbs 13:20 (NLT) *Walk with the wise and become wise; associate with fools and get in trouble.*

Start Talking:

How well do you handle pressure in your life? What helps you deal with intense pressure?

Start Thinking:

Read Daniel 1:1-6. How can a godly pursuit of "learning, ... knowledge and good judgment" (Daniel 1:4) help prepare you for future opportunities, challenges and pressures?

Read Proverbs 22:6 and 1 Corinthians 11:1. Why is it so important for parents to "train up" their children in the ways of the Lord, and for all of us to set a godly example for others to follow?

Read Luke 16:10. In what practical ways does faithfulness in "little things" prepare you well for greater responsibilities?

Read Proverbs 13:20. How can the choices you make about those you associate with impact your life in godly and ungodly ways?

Start Praying and Doing:

Pray for a heart to continue learning and growing in godly wisdom and discernment. Use Paul's wonderful prayer included below to encourage and guide you in this pursuit!

Philippians 1:9-11 (NIV) *And this is my prayer: that your love may abound more and more in knowledge and depth of insight, ¹⁰ so that you may be able to discern what is best and may be pure and blameless for the day of Christ, ¹¹ filled with the fruit of righteousness that comes through Jesus Christ—to the glory and praise of God.*