

Building Under Pressure (Part 5)- Going Deeper Questions

Sunday, April 19, 2026

Question #1: Where in your life right now do you feel the most pressure—externally or internally? What “wall” has God called you to build that is currently being challenged? Have you been more discouraged by outside opposition or internal voices lately? Why? How can you tell the difference between God’s conviction and the enemy’s condemnation?

Question #2: What “Sanballat voices” are currently speaking into your life? What are they saying? Have you unintentionally given the enemy “a seat at your table”? What would it look like to remove that voice? How do you typically respond when criticism becomes public or personal?

Question #3: Which part of Nehemiah 4:10 do you relate to most—fatigue, frustration, or defeat? What “rubble” in your life is slowing you down or overwhelming you right now? Have you noticed discouragement spreading in your environment (family, workplace, church)? How are you contributing to the atmosphere?

Question #4: When pressure hits, do you tend to pray first or react first? What does it look like for you personally to “pray and keep building” at the same time? How can you intentionally “remember the Lord” in moments when fear or pressure rises?

Question #5: What purpose has God given you that is worth fighting for right now? Who in your life is depending on you to keep building (family, church, others)? If you quit now, what would remain unfinished that God intended to complete through you? Are you isolated in your pressure, or are you allowing others to stand with you? How can you be a source of encouragement to someone else who is feeling pressure?

Challenge:

1. Take intentional time this week to recognize the voices influencing you.
 - a. Write down negative thoughts, lies, or criticisms you’ve been hearing (externally or internally)
 - b. Compare them to God’s truth (Scripture)
 - c. Replace the lie with truth every time it shows up
2. Take one intentional step forward in what God has called you to do.
3. Do something constructive daily (serve, lead, love, grow, create)