



May 14, 15, 2022

You're Best Life

Icebreaker: When have you been in a real “pressure cooker” situation? What happened? What helped relieve it?

Opening Discussion: Looking back on your Engage and Grow notebook or your notes from the message, what stands out to you the most?

Digging Deeper:

Read 2 Corinthians 1:8-10

1. What pressures do you suppose Paul was facing that would cause him to despair even of life? (See also 2 Corinthians 4:7-8; 2 Corinthians 7:5)
2. There are pressures from within and from without. Name some from both places.
3. According to verses 9, 10 how did Paul endure?
4. How do you respond to pressures that seem beyond your ability to handle?
5. Who do you know that is under intense pressure? How would Paul have you pray for them this week?

Read *Hebrews 12:1-2*

6. What part of Jesus' suffering that He endured from Gethsemane to the cross most inspires and causes you to thank Him? (psychological, relational, physical and spiritual suffering)

7. Discuss the following four points to help you increase your capacity to endure under pressure. Which one do you need to focus on?
 - Life is hard.
 - Pressure reveals cracks (in our character)
 - Pressure produces power
 - Remember the "why"

Moving Forward: Pray for people you know who are enduring great pressure right now. What is one way you can help or encourage them?

Prayer