

# PURSUING OUR CAPACITY

A person with a backpack stands on a rocky mountain peak, looking out over a vast, hazy mountain range under a clear sky.

**Navigating Pressures**

**“To be under pressure is inescapable.** Pressure takes place through all the world; war, siege, the worries of state. We all know men who grumble under these pressures and complain. They are cowards. They lack splendour. But there is another sort of man who is under the same pressure but does not complain, for it is the friction which polishes him. It is the pressure which refines and makes him noble.”

**St. Augustine**

# Q. When Pressures Become Burdens?

## Matthew 11:28-30 NLT

<sup>28</sup> Then Jesus said, “Come to me, all of you who are weary and carry heavy burdens, and I will give you rest. <sup>29</sup> Take my yoke upon you. Let me teach you, because I am humble and gentle at heart, and you will find rest for your souls. <sup>30</sup> For my yoke is easy to bear, and the burden I give you is light.”

“When you suffer and lose, that does not mean you are being disobedient to God. In fact, it might mean you’re right in the centre of His will. The path of obedience is often marked by times of suffering and loss.”

**Chuck Swindoll**

# Q. What About My Times of Suffering?

## 1 Peter 4:12-13, 15 NLT

<sup>12</sup> Dear friends, **don't be surprised at the fiery trials** you are going through, as if something strange were happening to you.

<sup>13</sup> Instead, be very glad—for these **trials make you partners with Christ in his suffering, so that you will have the wonderful joy of seeing his glory** when it is revealed to all the world.

<sup>15</sup> If you suffer, however, it must not be for murder, stealing, making trouble, or prying into other people's affairs.

# Suffering Always Changes Us...

## Romans 5:3-5 ESV

<sup>3</sup> ...we **rejoice in our sufferings**, knowing that suffering produces endurance, <sup>4</sup> and endurance produces character, and character produces hope, <sup>5</sup> and hope does not put us to shame, because God's love has been poured into our hearts through the Holy Spirit...

- 1. Stops my routines**
- 2. Steers me toward God**
- 3. Strengthens my faith in Christ**
- 4. Sees God's Glory**

Psalm 69:29

Psalm 119:153

Romans 5:3

Acts 7:55

# God Makes a Way...

## 2 Corinthians 4:8-9 AMPC

<sup>8</sup> We are hedged in (pressed) on every side [troubled and oppressed in every way], but not cramped or crushed; we suffer embarrassments and are perplexed and unable to find a way out, but not driven to despair; <sup>9</sup> We are pursued (persecuted and hard driven), but not deserted [to stand alone]; we are struck down to the ground, but never struck out and destroyed;

# Walking Through The Fire...

## Daniel 3:22-25 NLT

<sup>22</sup> ...the flames killed the soldiers as they threw the three men in. <sup>23</sup> So Shadrach, Meshach, and Abednego, securely tied, fell into the roaring flames. <sup>24</sup> But suddenly, Nebuchadnezzar jumped up in amazement and exclaimed to his advisers, “Didn’t we tie up three men and throw them into the furnace?” “Yes, Your Majesty, we certainly did,” they replied.

<sup>25</sup> “Look!” Nebuchadnezzar shouted. “I see four men, unbound, walking around in the fire unharmed! And the fourth looks like a god!”



# Victory In Christ...

**Romans 8:35,37** NLT

<sup>35</sup> Can anything ever separate us from Christ's love? Does it mean he no longer loves us if we have trouble or calamity, or are persecuted, or hungry, or destitute, or in danger, or threatened with death?

<sup>37</sup> No, **despite all these things, overwhelming victory is ours through Christ**, who loved us.

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