

## Series: Under Pressure

**Series Overview:** Every student lives under pressure – pressure to fit in, to perform, to stay strong, to hide weaknesses, to be perfect, to never slow down, and to somehow hold life together on their own. But Scripture is full of people who faced the same pressures we do – stress, fear, expectations, burnout, sin, shame...and discovered that God was not distant from their struggle. He was present in it. Through study of real stories of real people who lived under real pressure we will see:

- God stands with His people in pressure
- He provides wisdom, courage, help, forgiveness, and rest
- God uses pressure to shape them – not shame them
- Pressure does not have to crush them

### Goals:

1. Students will recognize God's presence in their pressure
  - Students will identify at least one pressure they're currently carrying and name how God might be present in it.
  - Students will determine one way they will turn to God instead of carrying pressure alone.
2. Students will practice healthy, biblical responses to pressure.
  - Students will learn practical rhythms from Scripture (rest, confession, community, listening to God) and choose one to implement that week.
  - Students will recognize unhealthy pressure responses and replace them with one biblical alternative.
3. Students will understand that pressure is not proof of failure but an invitation to depend on God.
  - Students will identify lies they believe about pressure and replace them with truth from Scripture.

Series Memory Verse: Psalm 46:1