



Sermon-based small groups connect the week to the weekend!

Dig deeper into the talk each week, while getting connected, cared for and known. Challenge yourself to see how the message actually makes sense and applies to your everyday life and do it with people just like you to support you on your journey.

Message Info: About Pressure, 5/16/21, One of the things that exhausts us the quickest is the expectations and pressure we place on ourselves or others place on us. You can't truly find rest unless you know how to deal with pressure and expectations. This messages takes a look at Jesus and 7 ways he modeled for us to deal with pressure and expectations. (Passages: Mark 1:29-39, Colossians 1:17, Luke 5:16)

Discussion Questions: Take your time and dig into these questions.

What areas of your life do you typically feel the most pressure?

How do you deal with pressure and expectation? How does it work?

Read Mark 1:29-39. What sticks out to you the most from this passage? Do you find anything that Jesus did or said surprising? Why or why not?

There were 7 lessons in this message, taken from Jesus' example, for us to deal with pressure and expectations. They were: Know your limits. Make space for you (especially your soul). Be okay disappointing people. Don't sacrifice the important for the urgent. See through the pressure. Know your why. Do it often.

Which one of those seven is the easier and which one is the hardest for you? Why did you pick those?

How could you start to practice one of these in your life this week?

Is there a striation you could share with the group where you need to apply some of these lessons?

How could we support each other as a group as we deal with pressure and expectations?

Group Challenge: Invite someone to join your group this week.

