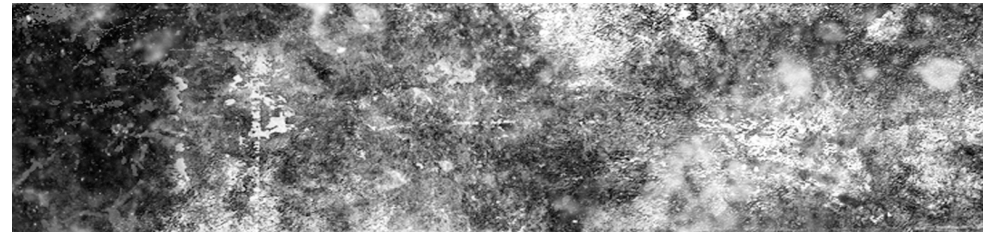


MESSAGE NOTES:



Peace Under Pressure Part 4
Personal Pressure

Bevan Unrau
January 31, 2016

Philippians 2:12-18

1. The pressure to _____. Vs. 12-13

2. The pressure to _____. Vs. 12-13

3. The pressure to _____. Vs. 14-18

Today's Music

Only King Forever Steven Furtick, Wade Joye, Chris Brown, Matt Brock
Unstoppable God Chris Brown, Steven Furtick, Wade Joye
10,000 Reasons Jonas Myrin, Matt Redman
This is Amazing Grace Jeremy Riddle, Josh Farro, Phil Wickham
Mighty Warrior Chris Brown, Jane Williams, Matt Ntele

Seabreeze CCLI#105966
Unless otherwise stated, verses are quoted from the
New International Version of the Bible by permission of Zondervan Publishers.

My Next Step today is to...

memorize Philippians 2:12-13.
read the book of Philippians.
identify the locations of God's altar.

Growth Group Homework – January 31, 2016

Peace Under Pressure

In Philippians 2:12-18, we learn about the personal pressure we put on ourselves. Because we choose the wrong solutions, we feel pressure to be perfect. Because we choose the wrong person, we feel pressure to please others. Because we choose the wrong standard, we feel pressure to produce.

Warm-Up

1. Were you raised in a high or low pressure environment? Give an example.
2. How much pressure do you put on yourself? Explain.

Talk it Over

3. What part of this week's message stood out to you and why?
4. Which of the three pressures we place on ourselves do you experience the most? What does this look like for you?
5. Read the following passages and discuss how these passages challenge the pressure that you put on yourself?

John 10:28-29

1 Corinthians 1:8-9

Galatians 4:4-7

Ephesians 2:8-10

Philippians 1:6

If you viewed yourself through God's eyes, how would that impact your personal peace?

6. Read Philippians 2:12. Practically speaking, what do you think it means to work out your salvation with fear and trembling?

7. Read Philippians 2:13. How have you seen God work in you to give you the will to grow and the power to grow?

8. Read Philippians 2:14-18. How do you measure success? What impact would it have on your peace if you focused on faithfulness instead of results?

Bring it Home

9. What is something you can do this week to start applying what we talked about?

Memorize: Philippians 2:12-13
Read the book of Philippians
Additional Reading: Romans 8:28-39