

TRAINING CAMP



Training Camp - Week 1 Message Discussion Questions

Introduction:

This week Matt begins a new series called 'Training Camp'. The focus of Training Camp is to prepare football teams for the upcoming season. Discipleship is just progress. During this series we are going to use the theme of Training Camp to help prepare us for challenges ahead.

For Part 1 we are looking at Pressure. Pressure affects all of us, what does the Bible say about pressure? How can we train to deal with pressure more effectively?

Questions:

1. Are you under a lot of pressure? How well do you handle pressure? Are you good under pressure, or would you say that you choke under pressure? 2 Corinthians 1:8-11
2. As you learn how to preach to yourself, why is it valuable to remind yourself that 'I've been here before'? When you are under pressure does it feel like the first time you've ever felt that way? 2 Corinthians 1:10
3. How can preaching to yourself that 'He has delivered me before and He will deliver me again' remind you of God's faithfulness? Even when there seems to be no exit, no way out, or overwhelming despair that He is the same God? 2 Corinthians 1:8&10; 1 Samuel 17:37
4. As you continue to learn how to preach to yourself, why is it key to remind yourself: 'I'm not *that* important'? When your life becomes pressure packed do you have no other choice but to rely on God? What if the world doesn't revolve around you? 2 Corinthians 1:9

5. Would you agree that the pressure you face is based on how you perceive the situation? Can it help you to know that God is still God without you? That you get to be part of His plan, but He's not dependent on you?
2 Corinthians 1:9
6. The final thing for you to learn as you preach to yourself is: 'I'm better under pressure'. Does that sound counter intuitive? Do you feel like you could do so much more if you didn't have all of this pressure?
7. What is different when you realize that 'pressure creates power'? Do you know that some things (like patience) can only be produced by pressure? What if it's not about what's happening to you, but what God put in you that He's getting ready to release? Can you rely on Him to release that power? What if you need the pressure to make you better? Romans 5:3-4

Key Takeaway: *We're in this training camp together, preparing for the next season of life, never forget, when you're under pressure, preach to yourself, I've been here before and God is faithful, I'm not that important, I need to rely on Him, because if I'll rely on Him, His power is fulfilled under pressure. I've been here before, I'm not that important, But with God running the show, I'm better under pressure.*

Summary:

- We all feel pressure, how do you handle pressure?
- Preaching to yourself #1: I've been here before
- He has delivered us before and He will again
- Preaching to yourself #2: I'm not that important
- The pressure is based on how we perceive the situation
- Preaching to yourself #3: I'm better under pressure
- Pressure creates power, rely on Him to release that power