

## **No Pressure, No Diamonds**

### **Ready:**

“But you belong to God, my dear children. You have already won a victory over those people because, the Spirit who lives in you is greater than the spirit who lives in the world.” – 1 John 4:4

### **Set**

As a coach several years ago, our high school level lacrosse team was on a roll, winning all our regular season games and cruising to the championship game. We had a healthy culture, but truthfully, we were never tested; in fact, I can't remember playing from behind. But the championship game was different. Two unbeaten teams collided and we got crushed. We were down 3–0 before we even possessed the ball. Under pressure, we fell apart, playing the blame game and making excuses.

As competitors, we need pressure to perform at our best. And, we need pressure to reveal and refine our character. Some people hate pressure and try to avoid it at all costs. Others seem to enjoy it and even thrive under it.

**No Pressure, No Diamonds.** God forms our character the same way he forms diamonds. The word diamond comes from the Greek word *Adamas* – which means invincible or unconquerable. It is formed from a single element, carbon. It takes time, extreme heat and pressure to transform carbon into a diamond. When carbon is forced to go deeper beneath the surface of the earth (100 miles down), it encounters extreme temperatures (2,200 degrees) and pressure (725,000 pounds / sq. in.). Those extreme conditions make diamonds. And when it rises again to the surface, it displays the brilliance of the light.

*“Dear brothers and sisters, when troubles of any kind come your way, consider it an opportunity for great joy. For you know that when your faith is tested, your endurance has a chance to grow. So let it grow, for when your endurance is fully developed, you will be perfect and complete, needing nothing.”* -- James 1:2-4

Pressure is a privilege with purpose. God uses trials to make us unshakeable and Him unmistakable. God will make us complete, expand our faith and bring glory to His name. Let your character be formed under pressure. And remember – no pressure, no diamonds.

### **Go**

- What has pressure and adversity revealed about your character?
- Describe how you have grown and matured through the adversity? What lessons have you learned that have made you better and more like Jesus?

### **Workout**

Daniel 3; Judges 6

## Overtime

“Lord, help me respond well to pressure and let You use it to reveal and refine my character. Make me more into the likeness of Christ from the inside out.”

## Bible Reference:

1 John 4:4

Daniel 3:1-30

Judges 6:1-40



Fellowship of Christian Athletes © 2025  
8701 Leeds Road | Kansas City, MO 64129 | 800.289.0909  
Comments or Questions, [fca@fca.org](mailto:fca@fca.org)  
[Privacy Policy](#) | [Report a Problem](#) | [Copyright](#)

---

**Source URL:**<https://fcaresources.com/devotional/no-pressure-no-diamonds>