

## **Pressure**

### **Ready:**

*“The apostles gathered around Jesus and reported to Him all that they had done and taught. He said to them, ‘Come away by yourselves to a remote place and rest for a while.’”* – Mark 6:30-31a

### **Set**

When do you feel the pressures of competition most? Is it on game day, in practice or when you’re surrounded by fans and reporters? Jesus and His followers felt similar pressures, and He knew just how to handle them.

The apostles came back from a victorious road trip and reported to Jesus about their successes. They were tired but excited and had gathered quite a crowd of others who were awed by their accomplishments. Rather than hang around with the crowd and its pressures, Jesus called them away to a more private, quiet place so they could rest.

For some of us it may be tempting to hang around indefinitely after an important home win. But what we may really need is to get away with some teammates, close friends or family for some quiet time of relaxation.

It’s good to compete with energy and intensity, but when it’s all over, make time to relax. Get away to rest and unwind with teammates and friends who appreciate you and can help take the pressures out of your life. Choose your friends wisely and find peaceful places to go, far from foolish, nagging questions and frivolous demands.

### **Go**

1. When do you feel the pressures of competition most intensely?
2. What sort of pressure do you feel when surrounded by fans or media?
3. How do you deal with pressure when you encounter it?
4. How can peace and rest help you recover from competition and strengthen you spiritually?

### **Workout**

Matthew 13:21

2 Corinthians 12:10

### **Overtime**

“Father, I feel the daily pressures of sports—especially the pressure to perform, both from myself and others. Please help me to act as Jesus did, protecting His teammates, guarding His heart and resting in Your comforting presence. In His name I pray. Amen.”

**Bible Reference:**

Matthew 13:21

2 Corinthians 12:10



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