

LAB:

1. Think about something that is causing you to feel pressure.
 - ➔ Ask, “is the Lord trying to get my attention through repeated feelings and thoughts?”
 - ➔ Walk through the 3 steps above, write down answers
2. Choose a Bible passage (Ask the Lord to lead you to a passage or pick your favorite Bible verse or story).
 - ➔ Ask, “Lord, would you teach me something about that passage?”
 - ➔ Read it.
 - ➔ Read it a second or third time, or every day for a few days
 - ➔ Ask the question again. Listen & write down what comes to mind or what you feel. Continue conversation with more questions.

TAKEAWAYS

Presence-Centered Discipleship

by Pastor David Treloar

Session 5: Pressure

Session objective: learn how to reorient ourselves to God in the midst of life's pain, difficulties, and challenges.

Last week's assignments: Raising awareness

1. Record how you feel and what you're thinking before you write out your worship...
2. Worship using your journal...
3. Record how you feel and what you are thinking after.
POINT: raise awareness of God's Presence and how you're interacting with God so you're more aware of His Presence at other times
4. Jot THAT down as well – when you hear God throughout the day.
5. Do this TWO TIMES this week.

REVIEW - the point of the course is to learn how to listen and respond to/ obey the voice of God

Session 1 - 4 Descriptions of disciple

- ✠ SLOW down to hear the voice of God
- ✠ PROCESS what they hear with the Lord and with others
- ✠ RESPOND to/OBEY the things they hear/ order life by God's instructions
- ✠ TEACH others how to follow Jesus

Session 2 - God still speaks and WANTS to speak to us

Session 3 – Triangle and Journal as tools

Session 4 – Being a disciple of Christ is in the context of community

Session 5: Pressure

No one really likes being uncomfortable, at least not for very long. In fact, human nature is to avoid pain and discomfort as much as possible at all costs.

What if there is a purpose in the discomfort so that we should embrace it rather than push it away?

Practical matter...

As we build on hearing the voice of God... most people pursue pleasure and avoid pain, which drives decisions. We want relief as quickly as possible, and when we don't find relief, we tend to medicate the pain in unhealthy ways. **What if...** the pressure we feel is from God?

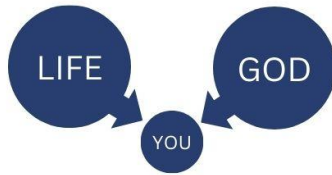
“Pain insists on being attended to. God whispers to us in our pleasures, speaks to us in our conscience, but shouts in our pain: it is His megaphone to rouse a deaf world.”

-- C.S. Lewis, “The Problem of Pain”

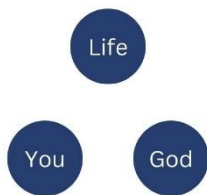
✓ When we face heavy issues, it can feel like the Discipleship Triangle is inverted, with life pressing on us and God is not with us



✓ reset our thinking with C.S. Lewis' words, the triangle shifts so that life and God are pressing on us to create discomfort... **and there might be a God reason for it**



- ➔ Making a mental shift is hard – the urge to run is powerful
- ➔ The way out of the pressure is reorienting ourselves back to God.



EXERCISE: In your journal, write (externalizing)

1. Record what happened - what is causing the pressure to identify what is going on **around** you, the source of the pressure.
2. Name the emotion - say it out loud and write it down to identify what is going on **inside** you.
3. Find out what **God says** about that emotion.
Find scriptures that identify from God's Word what you're going through and what you're feeling. This identifies **Who** God is and **what** God says about what is happening.

These steps lead to the Source of healing - **GOD HIMSELF**. As you focus on Him, it removes the pressure of God trying to get your attention. You are cooperating with Him, allowing Him to help you reframe.

Romans 8:28 - ALL THINGS

And we know that for those who love God all things work together for good, for those who are called according to his purpose. (ESV)

Psalms 139:23-24 - asks God to identify within us

1. Anxious thoughts - fears that are impeding you that God wants to alleviate
2. Offensive ways - sin issues, unhealthy behaviors God wants to free from

Psalms 139:23-24 is a simple, powerful but dangerous prayer. The key is how well we will listen going forward.

The Bible's role in discipleship

We **cannot** become better disciples without the Bible.

When we study the Bible we focus on it as an academic exercise – an object to figure out that doesn't lead to life change. Discipleship is relational so we must approach reading it as a dialogue with God Who will change us.

When God speaks it **always** aligns with the Bible. **Nothing** God tells us will contradict the Bible, which requires us to know the Bible.

Hebrews 13:8 (ESV) Jesus Christ is the same yesterday and today and forever.

Utilizing the Bible in your discipleship

Step I - Look up the emotion in the Bible

Tool: concordance or Bible dictionary - online resources: Biblehub, BlueletterBible, Biblestudytools.com

Step II - Use the Psalms as a guide from God's ancient poets

Many of the things that trip us up are emotionally driven. As God identifies what is going on inside of us He can lead us to reorienting ourselves to God.

Step III - Read your Bible "until" ... something gets your attention

Keep reading until something strikes a chord - that is often God waving a flag to get our attention. Read it again. Journal about it.

Ask the Lord why is this capturing my attention?

what do you want me to learn from this passage?

why **now**?

what other verses help me hear Your message?