



## HOW TO DEAL WITH PRESSURE

*"<sup>8</sup>We are pressed on every side by troubles, but we are not crushed. We are perplexed, but not driven to despair." 2 Corinthians 4:8 ntv*

### Introduction:

*"<sup>5</sup>And the king appointed them a daily provision of the king's meat, and of the wine which he drank: so nourishing them three years, that at the end thereof they might stand before the king. <sup>6</sup>Now among these were of the children of Judah, Daniel, Hananiah, Mishael, and Azariah: <sup>7</sup>Unto whom the prince of the eunuchs gave names: for he gave unto Daniel the name of Beltshazzar; and to Hananiah, of Shadrach; and to Mishael, of Meshach; and to Azariah, of Abednego. <sup>8</sup>But Daniel purposed in his heart that he would not defile himself with the portion of the king's meat, nor with the wine which he drank: therefore he requested of the prince of the eunuchs that he might not defile himself." Daniel 1:5-8*

1. \_\_\_\_\_.

*"<sup>2</sup>Don't copy the behavior and customs of this world, but let God transform you into a new person by changing the way you think. Then you will learn to know God's will for you, which is good and pleasing and perfect." Romans 12:2 nlt*

*"<sup>42</sup>Then Jesus left them a second time and prayed, My Father! If this cup cannot be taken away unless I drink it, your will be done." Matthew 26:38-44 nlt*

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2. \_\_\_\_\_.

*"<sup>7</sup>Have nothing to do with godless myths and old wives' tales; rather, train yourself to be godly." 1 Timothy 4:7 niv*

*"<sup>25</sup>All athletes are disciplined in their training. They do it to win a prize that will fade away, but we do it for an eternal prize." 1 Corinthians 9:25 nlt*

<sup>13</sup>Do not let any part of your body become an instrument of evil to serve sin. Instead, give yourselves completely to God, for you were dead, but now you have new life. So use your whole body as an instrument to do what is right for the glory of God." [Romans 6:13 nlt](#)

<sup>14</sup>Instead, clothe yourself with the presence of the Lord Jesus Christ. And don't let yourself think about ways to indulge your evil desires." [Romans 13:14 nlt](#)

3. \_\_\_\_\_.

<sup>13</sup>Be on guard. Stand firm in the faith. Be courageous. Be strong."  
[1 Corinthians 16:13 nlt](#)

4. \_\_\_\_\_.

<sup>21</sup>The wise are known for their understanding, and pleasant words are persuasive."  
[Proverbs 16:21 nlt](#)

<sup>8</sup>But Daniel was determined not to defile himself by eating the food and wine given to them by the king. He asked the chief of staff for permission not to eat these unacceptable foods."  
[Daniel 1:8 nlt](#)

<sup>5</sup>Likewise, ye younger, submit yourselves unto the elder. Yea, all of you be subject one to another, and be clothed with humility: for God resisteth the proud, and giveth grace to the humble. <sup>6</sup>Humble yourselves therefore under the mighty hand of God, that he may exalt you in due time:" [1 Peter 5:5-6](#)

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### Conclusion:

<sup>19</sup>Many are the afflictions of the righteous, But the Lord delivers him out of them all."  
[Psalm 34:19](#)

<sup>12</sup>God blesses those who patiently endure testing and temptation. Afterward they will receive the crown of life that God has promised to those who love him."  
[James 1:12 nlt](#)