

#GOALS

Week 2: Work Goals

The reality is pressure is a part of all of our lives. In fact, some of God's greatest work comes from leveraging this pressure. There is a purpose to the pressure in our lives—it creates progress.

Discussion Questions

1. When faced with pressure, how do you typically respond? Do you:
 - A. Panic
 - B. Become silent
 - C. Ignore the tension
 - D. Look for the positive
2. What are some unhealthy ways people deal with pressure? What can we learn from those methods?
3. What's creating pressure for you right now? How are you feeling about it?
4. **Read Mark 14:32–36.**
 - What was creating pressure for Jesus?
 - How did he respond to the pressure?
 - What were the results (purpose) of this pressure?
5. In Philippians 4:6–7, what does Paul say to do when dealing with pressure? How do you feel this could help in your current situation?
6. Cliff mentioned dealing with pressure through the lens of three buckets. Which of the three buckets (In Control, Influence, No Control) do you need to create a next step for this week? What step will you take to see progress?

Moving Forward

Pressure is a normal part of our lives. There are many ways we can deal with that pressure. This week, as you consider the pressures you are facing, think about how you can leverage them to create progress and find peace.

