

CONNECT WITH THE MESSAGE

Stronger in Prayer 5: Praying Under Pressure

1) How have you felt under pressure recently?

2) Read **Matthew 26v34-44**. What did you personally find helpful from Rich's message?

3) Rich spoke about how we can pray when under pressure. Many things can make us feel under pressure including illness, stress, conflict, disappointment, financial problems, emotional difficulties, difficult relationships or spiritual issues.

a) i) At what times do you most feel 'under pressure'?

ii) How do you usually try to cope with pressure? How successful are you?

b) Read **Psalm 86** which David prayed to God when he was in real trouble.

i) In **verses 1-7** what reasons does David give for God to answer his prayer for help?

ii) How do **verses 8-10** help David and us grow in confidence in God?

iii) How could praying **verses 11-13** help us when we are under pressure?

c) Read **Hebrews 4v14-16**.

i) Why does this say Jesus is a good person to turn to in times of pressure?

ii) For what reasons can we have confidence when we come to Jesus for help?

DIGGING DEEPER

Read **Psalm 22**. On the cross, Jesus quoted the first line of this psalm (**Matthew 27v46**).

- a) Why do you think Jesus chooses this line to pray on the cross?
- b) What similarities are there between this psalm and Jesus's experience on the cross? (*There are at least 8*)
- c) What reasons does this psalm give for confidence in God?
Several times the psalmist expresses his confidence that God will deliver him.
- d) Was Jesus's confidence in God misplaced? Why?
- e) **John 19v30** records Jesus's last words as 'It is finished'. How does this correspond to the last line of the psalm?
- f) In what ways can this psalm help you to pray when under pressure?

CONNECT IN PRAYER

Please pray for **Community outreach in Lesotho**: The m.a.p. (clinic) team have an increasingly favourable reputation, as people are blessed and healed in their homes. They still need approval before they can use the building and for Rob to be registered as a doctor. This whole process is frustrating. Please pray for breakthrough, for lies to be exposed and Truth to reign! The clinic team are Ntsoaki (leading), Lydia, Mamatola, Matankiso, and Thaba (male), with Miriam about to be added. Rob joins them on Wednesdays for visits, and Fridays for teaching. Please pray for wisdom and Holy Spirit anointing for the team.

The Identity Course is an evangelistic course for Mums that Harriet and Layla are running on Thursday mornings. Please pray that the women would have a greater understanding of their need for a saviour and put Jesus in charge of their lives. Please also pray that God would provide another person to help in the crèche during the session.

CONNECT WITH CHURCH LIFE

WordPlus Course: Please contact Abbie Hills in the office ASAP at abbie.hills@kingschurchlewes.org or on **01273 486182**. To book your space we need a **£25 deposit** by the **28th June**.

The Lewes Skittles Tournament: King's Church has entered two teams into the Lewes Skittles Tournament in the Grange Gardens on **Tuesday 18th June starting at 7pm**. We need 16 players, spectators also welcome. Please speak to Al if you'd like to play. No skill required! For more info visit: www.lewes-skittles-tournament.org.uk

The **Lewes Churches Breakfast** (for men and women) is on **Saturday 22nd June** at the White Hart Hotel, **8.15am for 8.30am**. Come along to meet other Christians from the town and hear a Chaplain from Gatwick Airport speaking. Reserve a place (£8) by emailing mensbreakfast@southover.org.uk. See Al for more info.

We have **guest speaker Ben Rowe** from Kings Community Church, Southampton speaking on **Sunday 23rd June**, don't miss it!

We're invited to come and worship with other local Christians at a **Lewes Churches Together** Traditional Evening Service at St Anne's, Western Road, **6.30pm on Sunday 30th June**.

We are thinking of sending a **team over to Lesotho next February**. There will be details to follow, but at this stage if you are interested please contact Cat at the office so that we can get an idea of who would be interested in going along.