



Outer Growth - Pressure

Cast thy burden upon the LORD, and he shall sustain thee: he shall never suffer the righteous to be moved.

Psalms 55:22

Problems - Job 5:7

Responsibilities - 1 Timothy 2:2

Eyes - Romans 3:18

Stress - Deuteronomy 1:29

Speech - John 8:43

Unsure - 1 Corinthians 14:8

Resentful - James 3:11

Ears - Job 13:17

For believers, through pressure, a diamond is formed. However, for those who are not, the general awareness of this word is related to blood or peer pressure. What do people do with it when they experience this situation?

The physical response is to see the doctor to receive medication to alleviate feeling this way. The other alternatives could be several: physical activity or exercise, following a healthy diet, limiting salt intake, maintaining a proper weight, reducing alcohol or smoking, or reducing stress.

What are the believers supposed to do in situations when experiencing pressure? Most will follow the same options as mentioned above. There is nothing wrong with doing these natural remedy procedures or getting a checkup at the doctor's office. However, the believers should know the root cause of the pressure, which most likely derives from worry or thinking about something important upcoming. What about God and what His Word says, "Cast thy burden upon the Lord,"

at the beginning of Psalms fifty-five, verse twenty-two.

Believers are the children of God and should be able to go to their Father as a kid would go to their dad and sincerely express what is bothering them. Whatever the burden is or affliction that may come our way, we should cast all trials and troubles, crosses and distresses, cares and fears, and all affairs, lay upon the shoulders of the Almighty and commit to him, by faith and prayer, with a confident expectation of a good result.

Pressure most often comes from problems.

"Yet man is full of trouble" is the speech of Eliphaz the Temanite to Job after he experiences troubles in chapter one, verses eleven through twenty-two, and in chapter two, verses seven to ten, respectively. The exposure to various troubles: as if Job were born to no other end. Affliction has become natural to people and is transmitted from parents to children as their constant inheritance. God has allotted this portion to humans for their sins. And therefore, they take a wrong course in complaining so bitterly, which they should patiently bear, as the commonplace lot of man. Why should we be surprised at our afflictions as strange or quarrel with them as hard?

Pressure can occur due to responsibilities. However, people find it easier to attain something but challenging to maintain. King Saul had the honor of being Israel's first king and also experienced pressure. However, his life turned into a tragedy for one reason: he did not trust in God. Like every Bible character's story, King Saul serves as a mirror for us to uncover our faults, confess them to God, and make changes.

Responsibilities, especially for believers, should be approached with honesty and humility to alleviate pressure. Not making rash decisions without consenting to God first because he already knows the outcome of all things. King Saul carelessly made choices without consent and eventually became his ruin. The same could happen if we need to understand what is before us. Many react out of panic and make mistakes they normally would not do if they were to overcome the pressure that goes with it.

Pressure can occur through our view. Deception is one of the ways the enemy uses against believers. We see something before us and may interpret the worst instead of having the patience to allow it to play out to see the result. Today, society is quick to judge and not allowing inquiry and assuming something without saying anything through the eyes. The eyes of the beholder tell a lot more than what they say.

Pressure causes fear. However, as children of God, we should not be fearful because it is a spirit. Second Timothy one, verse seven, says, "For God hath not given us the spirit of fear; but of power, love, and a sound mind." If believers walk in the spirit (the inner being to lead us), they will not carry out the desires of the flesh. Our vision can fool us into thinking the ways of the flesh and get our eyes off God. Adam and Eve had their eyes on the fruit of the forbidden tree in the Garden of Eden, which later caused them to sin against God. The eyes can deceive, just like Adam and Eve. Pressure causes stress that may urge us to function in the ways of physical. Some expressions may arise. Still, we may not confess with our mouths, but the form of words can come across our thoughts within our minds. "Oh no, what am I going to do about the situation? Why did this have to happen to me?"

Moses felt the pressure of the people after leaving Egypt and crossing the Red Sea with them into the wilderness of Shur. After three days of journey, they had no water, and the Israelites were murmuring against him and Aaron. However, the complaining began due to the pursuit of Pharaoh to overtake them in verses nine through ten of Exodus fourteen. "But the Egyptians pursued after them, all the horses *and* chariots of Pharaoh, his horsemen, and his army, and overtook them encamping by the sea, beside Pihahiroth, before Baalzephon. And when Pharaoh drew nigh, the children of Israel lifted their eyes, and, behold, the Egyptians marched after them, and they were sore afraid: and the children of Israel cried out unto the LORD."

Pressure causes speech that prompts us to function in the ways of the flesh and react in the same way as well. "Now, what am I going to do? Why did this have to happen?" These

are common expressions that may arise. Still, an open confession with our mouths can make things more dramatic than it has to be.

The circumstances with Moses and the Israelites reached the maximum before it began to overwhelm in verses eleven to twelve. The complaints are directly at Moses, and he responds gracefully. The murmurings repeated where the bitter waters were in Marah, and Moses responds in verses twenty-two through twenty-three. However, the early signs of Moses feeling the weight of complaint is a bit in Exodus sixteen, verse seven, and expressing in the water from the rock chapter after hearing more complaints from the Israelites in Exodus seventeen, verse three, he finally lashes out in verse four. "And Moses cried unto the LORD, saying, What shall I do unto this people? They are almost ready to stone me."

Pressure may cause uncertainty. The doubt to set in while pursuing the direction of trusting in God. The task of finishing what you started in faith. Moses and the Burning Bush, from Exodus three, is where God calls out Moses, introduces Himself, and expresses concern for His people. However, the reply in verse eleven, "And Moses said unto God, Who *am* I, that I should go unto Pharaoh, and that I should bring forth the children of Israel out of Egypt?"

Moses continues in verse thirteen, "And Moses said unto God, Behold, *when* I come unto the children of Israel, and shall say unto them, The God of your fathers hath sent me unto you; and they shall say to me, What *is* his name? what shall I say unto them?" Then, as he continues conversing with God, again he replies, "And Moses answered and said, But, behold, they will not believe me, nor hearken unto my voice: for they will say, The LORD hath not appeared unto thee." Then, with further uncertainty, his response, "And Moses said unto the LORD, O my Lord, I *am* not eloquent, neither heretofore, nor since thou hast spoken unto thy servant: but I *am* slow of speech, and of a slow tongue."

Pressure can cause a person to be unsympathetic. This situation occurs when opposing words over a matter of importance between two or more people generate disagreement. Sarah, Abraham's wife, born a

son in her old age in Genesis twenty-one. The pressure for her not to bear like Hagar when she was unable, as in Genesis sixteen, began to take its toll, especially with the reaction of Ishmael in Genesis twenty-one, verse nine.

"And Sarah saw the son of Hagar the Egyptian, which she had born unto Abraham, mocking." The reply in verse ten, "Wherefore she said unto Abraham, Cast out this bondwoman and her son: for the son of this bondwoman shall not be heir with my son, *even* with Isaac. And the thing was grievous in Abraham's sight because of his son."

Pressure can come from listening to things that can weigh a person down. A threat of revenge is an outburst of rage that can cause a person to say bad or wrong things to another, building tension. The situation with Jacob's stolen blessing in Genesis twenty-seven, where he tricks his father, Isaac, into thinking he was the firstborn to receive the blessing instead of Esau. Isaac's eyes were dim, so he had to rely on his hearing. In Genesis twenty-seven, verses twenty through twenty-three are a prime example. "And Isaac said unto his son, How *is it* that thou hast found *it* so quickly, my son? And he said, Because the LORD thy God brought *it* to me. And Isaac said unto Jacob, Come near, I pray thee, that I may feel thee, my son, whether thou *be* my very son Esau or not. And Jacob went near unto Isaac, his father; and he felt him, and said, The voice *is* Jacob's voice, but the hands *are* the hands of Esau. And he discerned him not, because his hands were hairy, as his brother Esau's hands: so he blessed him."

Through pressure, we will either overcome or succumb to it. Whether due to problems that arise, responsibilities to manage, the things we see, the stuff we concern ourselves with, things we say, second-guessing, feeling sour, or the things we hear. Pressure has two words in one: the first part is "press." The second part is "sure." These two combined will continue to apply until something happens, which is what pressure does to someone experiencing this activity.