

Curriculum



Hard At Work

Under Pressure



PRAYERS



LEARN

Conformed

James was the oldest and only boy in a family with six sisters. He worked every day of his life. He never went to college and was always trying to answer to the pressures of his father wanting him to do more. While he may have “retired” early from his job as a mechanic, he never stopped working other odd jobs for fear he wasn’t doing enough. James lived his whole life dissatisfied with what he accomplished because of the false definition that he was nothing unless he was doing something. James is an example of conforming to the patterns of this unforgiving world.

Identity Transformed

While hard work is to be valued, it is not something that should define us. Yet we all feel the pressure to do more, be more, and accomplish more. The world today tells us that our value is based on how many followers we have or how many “likes” we receive on social media. We find it difficult to be content because we constantly compare ourselves to others. As Christians, our value is not tied to our productivity, how perfectly we perform or who we know. Nor is our value tied to our job title, our net worth, our educational pedigree, or material possessions. [Ephesians 2:8-9](#) reveals that our identity and worth are found in Christ alone and His work on the Cross. When we place our value and worth in the worldly things listed above, we are like the foolish man in [Matthew 7:26](#) who built his house upon the sand. It is not about what we can do, but what was done for us. What sets us apart and helps us walk in confidence to the pressures of this world is our faithful relationship with God who loves us exactly as we are. Remember these words of Paul: “For no one can lay any foundation other than the one already laid, which is Jesus Christ” ([1 Corinthians 3:11](#)).



LIVE

Discussion questions: Read the text and scriptures below and prepare to answer the questions.

1. Read [Romans 12:2-3](#) and [Luke 9:22-25](#). To what pressures of your workplace environment are you most susceptible and what is it costing you?
2. Read [Matthew 7:1-3](#). How do you handle it when you notice yourself judging someone and feel pressured to address their behavior?
3. Read [Proverbs 12:25](#) and [Ephesians 4:29](#). Talk about how your emotional intelligence affects the pressure you or others feel.
4. Read [Romans 1:16](#) and [Galatians 5:1](#). When have you felt the pressure of rejection and needed courage to stand firm in God’s truth?
5. Read [2 Corinthians 4:18](#) and [John 15:2](#). When is it the hardest for you to focus on the eternal rather than the temporary?

Application Question: What will you do this week to stand firm against the pressures of this world? (See [Ephesians 3:16-19](#))



PRAYERS

Prayer Requests & Closing Prayer



PRAYERS

Opening Prayer & Prayer Requests



LEARN

Before you begin, read the AGENDA LEARN introduction together and review the APPLICATION QUESTION from the previous meeting's RECAP.



LIVE

Discussion Questions: Have someone read each Bible verse aloud and then ask the corresponding question. Be sure everyone has enough time to find the Scripture before the verse is read.

- 1) Read [Romans 12:2-3](#) and [Luke 9:22-25](#). To what pressures of your workplace environment are you most susceptible and what is it costing you?



Your value and future are defined by your eternal boss, not the promises of this world.



We have to live in this world, but as children of God we are set apart. Not to be perfect, but rather to be a light, a living example of lives guided by God's gospel truth. (see [Matthew 5:14-16](#)) When we don't "fit in" it is because Biblical values are different than the values of this world.

Notes:

- 2) Read [Matthew 7:1-3](#). How do you react when you notice yourself judging someone and feel pressured to address their behavior?



"Let any one of you who is without sin be the first to throw a stone at her." [John 8:7](#)



We often judge others' tendencies that we don't like in ourselves. The [Fundamental Attribution Error](#) happens when we judge people by their actions and judge ourselves by our motives. Simply because we don't know what someone else is dealing with or thinking, it is easy to feel compelled to "correct" their behaviors rather than learn more about the *why* behind the behavior. For example, if someone is late to a meeting we might judge them as lazy. Yet, when we are late to a meeting, we expect others to forgive us for our good reason.



For additional discussion you might ask, "How would improving your knowledge of someone's circumstances, help you both feel less pressure?"

Notes:

- 3) Read [Proverbs 12:25](#) and [Ephesians 4:29](#). Talk about how your emotional intelligence affects the pressure you or others feel.



To build others up, it takes being humble and intentional with your emotional intelligence.



It's easier to jump on the bandwagon, slandering others rather than doing the work to be self-aware and show empathy. When we can meet others where they are, not only does it reflect Jesus, but it is of great benefit to those observing. For example, being the first to admit a mistake, apologize, or build up a colleague is truly workplace culture changing when repeated, noticed, and adopted by others. It's also a way to reveal grace to others to feel less pressured to never make a mistake.

Notes:

- 4) Read [Romans 1:16](#) and [Galatians 5:1](#). When have you felt the pressure of rejection and needed courage to stand firm in God's truth?



You can expect people to reject the light of hope and truth you carry if you can't judge them for their lack of understanding.



Jesus was rejected, even by those closest to Him but He used restraint and maturity knowing God's truth and living it out. Staying committed to our walk with God helps us remember to be confident in His plans as they are higher than our ways. ([Isaiah 55:9](#)) Receiving God's grace also helps us move past the hurt, into forgiveness.

Notes:

- 5) Read [2 Corinthians 4:18](#) and [John 15:2](#). When is it the hardest for you to focus on the eternal rather than the temporary?



Your daily life is bombarded with information about your present circumstances and nudging towards discontent.



We may fall into the trap of hosting a pity party when our immediate needs are not being met. But God prunes us for our own good so that we might humble ourselves by what we actually deserve and show gratitude for what He has already done.



Consider studying [Transforming Practices: Contentment](#) as a complement to this study.

Notes:

Application Question: What will you do this week to stand firm against the pressures of this world? (See [Ephesians 3:16-19](#))



PRAYERS

Prayer Requests & Closing Prayer



LEAD

Ask Yourself: Am I contributing to an expectation of myself or others that causes unnecessary pressure?

Sample



PRAYERS

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ROADMAP

This **BBT** volume of curriculum reveals the ways God defines our value and allows us to walk in confidence against the pressures of this world.



LEARN

Jesus tells us to let our lights shine through our deeds so that God will be glorified. Jesus was rejected, even by those closest to Him. Jesus is the vine to which we need to stay connected, but we are pruned to bear much fruit.

Scripture References for this study: [Ephesians 2:8-9](#), [Matthew 7:6](#), [1 Corinthians 3:11](#), [Romans 12:2-3](#), [Luke 9:22-25](#), [Matthew 5:14-16](#), [Matthew 7:1-3](#), [John 8:7](#), [Proverbs 12:25](#), [Ephesians 4:2](#), [Romans 1:16](#), [Galatians 5:1](#), [Isaiah 55:9](#), [2 Corinthians 4:18](#), [John 15:2](#) and [Ephesians 3:16-19](#)



LIVE

- Value from God
- Truth from God
- Contentment from God

Application Question: What will you do this week to stand firm against the pressures of this world? (See [Ephesians 3:16-19](#))



LEAD

Ask Yourself: Am I contributing to an expectation of myself or others that causes unnecessary pressure?