

**INTRO**

- Can you think of something that others find difficult that seems easy to you?
- If you had one extra hour of free time every day, how would you use it?
- What is your favourite part of summer?

**READ**

Mark 14:1-72  
(perhaps 2 or 3 people who like reading out loud each take a section)

**REFLECT**

This chapter deals with the betrayal and arrest of Jesus before he was condemned.

There are four people who are highlighted:

Mary – anointed Jesus with costly perfume  
 Judas – betrayed Jesus  
 Peter – denied Jesus  
 Jesus – submitted to the Father's will

When this season of intense pressure came, the true character of these individuals came out.

Mary – focused on the beauty of the Lord  
 Judas – was lured away by His true love (money)  
 Peter – tried to exert his willpower

*Qu: Do you consider yourself as a person with strong willpower?*

*Qu: Why is willpower not enough to deal with pressure situations in our lives?*

Jesus drew near to God and asked others to stand with him during this intense time of testing.

*Qu: Do you tend to reach out to others when times of pressure come, or do you tend keep it to yourself?*

Jesus reached out to friends but they let Him down. Jesus asked the Father for a way out but was denied. The good news is that Jesus took on the ultimate pressure for you and I so we will never have to endure it!

Four steps to deal with pressure:

1. Acknowledge the pressure
2. Name how you feel
3. Resist evil, run to God and others
4. Gospel yourself

*Qu: Why do you think it is important to acknowledge pressure in our lives and name how we feel?*

“Gospel yourself” while not proper English means applying the truths of the gospel to the anxiety and pressures of the heart.

Pastor and author Tim Keller says that our anxieties can be an indicator that a heart idol is being exposed.

There will always be pressure to face in life. As we grow in the gospel, we will be more equipped to move forward.

**RESPOND**

- What encouraged and challenged you most from today's discussion?
- How can you practically apply what you're learning to your personal life?

**PRAY**

- If you are going through a time of pressure right now, share the problem and ask for prayer.