

# the art of living

WEEK 3: ENDURING UNDER PRESSURE

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People tend to \_\_\_\_\_ under \_\_\_\_\_.

*“Only those who push through failure and refuse to accept defeat can truly understand how far one can go in life. The fact is the majority quit, give in when it gets hard. The successful keep fighting, they find a way to win.”*

— Napoleon Hill

If you **fail** under pressure, your strength is **too small**. *Proverbs 24:10*

The pressures of life \_\_\_\_\_ your inner strength.

1. Expect it to be \_\_\_\_\_.

“Here on earth you will have many **trials** and **sorrows**. But take heart, because I have overcome the world.” *John 16:33*

*“The art of living is more like wrestling than dancing, because an artful life requires being prepared to meet and withstand sudden and unexpected attacks.”* — Marcus Aurelius

*“Go get your mother and all her friends. They’ll never see a fire like this again.”* — Thomas Edison

*“If you change the way you look at things, the things you look at change.”*  
— Wayne Dyer

2. Pressure creates \_\_\_\_\_.

Dear brothers and sisters, when troubles of any kind come your way, consider it an opportunity for great joy. For you know that when your faith is tested, your **endurance** has a chance to grow. So let it grow, for when your **endurance** is fully developed, you will be perfect and complete, needing nothing. *James 1:2-4*

3. Stay focused on your \_\_\_\_\_.

And because I preach this Good News, I am suffering and have been chained like a criminal. But the word of God cannot be chained. So I am willing to **endure anything** if it will bring salvation and eternal glory in Christ Jesus to those God has chosen. *2 Timothy 2:9-10*

*“Once you know your why, you can survive almost any how.”*

— Viktor Frankl

What if you didn't quit?

*“Life is like a cup of tea, the sugar is all at the bottom!”*

— Julia Ward Howe

To further explore and apply this message with your group, visit [eclife.org/groups](http://eclife.org/groups) to access this week's group discussion questions.

Fill-ins:  
quit  
pressure  
reveal  
hard  
endurance  
why