

# Performance Pressure

By Chip Borgstadt



Expectations others have for you can become overwhelming. Faith offers help in dealing with such pressures.

## For

Adult, Couple

## Season

Winter

## Needed

Bible, Reflecting on Pressure to Perform worksheet (see last page), pencil



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## Prepare in Advance

Mark your Bible at James 1:2-4 and Romans 5:3-5.

Make a copy of Reflecting on Pressure to Perform worksheet for each person.

## Activity Plan

1. Say this prayer or something similar to begin.

*God of grace, when pressures build, help us to center our actions in you. Guide us to trust you when life is overwhelming. Amen.*

2. Take a moment to read the Reflecting on Pressure to Perform worksheet and consider how you handle pressure in different areas of your life. After completing the sheet, discuss your reflections with another person. Ask each other questions to help clarify your thoughts.

3. Read James 1:2-4 from your Bible or the text below.

*Count it all joy, my brothers, when you meet trials of various kinds, for you know that the testing of your faith produces steadfastness. And let steadfastness have its full effect, that you may be perfect and complete, lacking in nothing.*

Discuss: What trials or pressures have you faced and conquered in the past? What can you learn from those experiences to help in your current situation? Try to reframe the situation to see it from the perspective of developing your gifts or talents or even your faith.

4. Read Romans 5:3-5 from your Bible or the text below.

*Not only that, but we rejoice in our sufferings, knowing that suffering produces endurance, and endurance produces character, and character produces hope, and hope does not put us to shame, because God's love has been poured into our hearts through the Holy Spirit who has been given to us.*

Discuss: What is the sequence of experiences listed in this passage? What benefits do you perceive when you are facing pressure to perform? Make a list of these benefits to help you find hope and faith in future situations.

5. Make plans to encourage each other when you face pressure to perform. Consider sending one another a regular text or email message of encouragement. If appropriate, meet to celebrate the completion of a challenging text.



# Reflecting on Pressure to Perform

**A task I do well:**

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Feelings I experience when doing this:

What gives me energy when doing this?

Who helps me do this?

What thoughts go through my mind as I prepare to do this?

How do I handle interruptions when doing this?

What thoughts go through my mind when this task is completed?

Whom do I know who does this well?

What I would like to say to God about this task:

**A task that makes me feel under pressure:**

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Feelings I experience when doing this:

What takes energy from me when doing this?

Who helps me do this?

What thoughts go through my mind as I prepare to do this?

How do I handle interruptions when doing this?

What thoughts go through my mind when this task is completed?

Whom do I know who does this well?

What I would like to say to God about this task:

My prayer for times when I feel pressured to perform:

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