

# Responding to Extreme Pressure with Faith and Resilience

Take a moment and read through this list of statements and see if you identify with any of them, or maybe have even said some of them in the past few weeks...

- I've got so much going on.
- I can't handle the volume right now.
- There's so much weight on my decisions.
- So many people are depending on me.
- I just have to get through everything on my to-do list but I don't have time.
- Maybe this job is beyond me.
- I don't want to do this anymore.

I hear statements like these all the time from the people that I work with. In some cases, I hear the desperation, frustration, and even resignation in their tone.

As Christian leaders, we are not immune to having these feelings from time to time. But what is our response when we encounter them?

Today, I want to dive into a topic that's (maybe) been on many of our minds lately: How to handle extreme pressure in business and life; the kind that feels like a storm raging all around you.

Pressure is nothing new, right? Deadlines, financial strains, competition – it comes with the territory. But what about when the pressure turns extreme? When it feels like you're carrying the weight of the world on your shoulders, and every decision seems to have monumental consequences?

Let's talk about the types of pressure we face:

## External Pressure

This comes from the outside world – Family schedules and commitments, personal tragedies, business demands, customer expectations, regulatory changes, and economic shifts. It's like trying to navigate a ship through turbulent waters with constant waves crashing against your hull.

## Internal Pressure

Sometimes, the biggest pressure comes from within ourselves. It's our drive to succeed, to prove ourselves, to meet our own high standards. It can lead to burnout, anxiety, and a never-ending quest for perfection.

## Relational Pressure

We cannot go through our alone and without contact with others. We realize it's all about relationships – with family members, friends, clients, employees, partners, and stakeholders. When those relationships hit rough patches, whether it's due to conflicts, betrayals, or misunderstandings, the pressure can feel suffocating.

**Ethical Pressure**

As Christian leaders, we're called to uphold a higher standard of ethics and integrity. But in our "cutthroat world" , it's not always easy to do the right thing. Balancing productivity and profitability with principles can create intense moral dilemmas.

So, what happens if we ignore or mishandle these pressures?

It's not pretty. Ignored pressure can lead to these undesirable results:

**Burnout**

When the weight becomes too much to bear, burnout is often the result. It's like a fire that consumes everything in its path – your passion, your drive, your joy.

**Poor Decision Making**

Under extreme pressure, our judgment can become clouded. We might make decisions based on fear, greed, or desperation rather than wisdom and discernment.

**Strained Relationships**

Pressure can put a strain on even the strongest of relationships. Miscommunication, mistrust, and resentment can build up, creating rifts that are hard to mend.

**Ethical Compromises**

When the pressure is on, it can be tempting to cut corners or compromise on our values. But as Christians, we know that integrity is non-negotiable.

I don't want to leave you feeling hopeless. The good news is that as followers of Christ, we have access to a source of strength and resilience that goes beyond our own abilities. In times of extreme pressure, we can turn to Him for guidance, comfort, and peace.

Here are some questions for your personal reflection:

**Q:** Where do I feel the most pressure in my business right now? Is it external, internal, relational, or ethical?

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**Q:** How am I currently handling that pressure? Am I relying on my own strength, or am I seeking God's help?

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**Q:** What values and principles am I unwilling to compromise, no matter how intense the pressure becomes?

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**Q:** Who can I turn to for support and encouragement during difficult times?

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(Perhaps it would be a good idea to spend time talking with your forum group about this topic and share your responses to these questions with them.)

Let's not forget the encouragement and wisdom found in the Bible:

**Philippians 4:6-7 (NIV)**

*"Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus."*

**Isaiah 41:10 (NIV)**

*"So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand."*

**James 1:5 (NIV)**

*"If any of you lacks wisdom, you should ask God, who gives generously to all without finding fault, and it will be given to you."*

As members of this Corpath community, I want to encourage you... Stay strong! . We're in this together.

## My Prayer

Heavenly Father, We thank you for the privilege of being ambassadors of your kingdom. We confess that there are times when the pressures of this world feel overwhelming, and we are tempted to rely on our own strength. But today, we choose to lean on you. Give us wisdom to navigate the storms of life and business with grace and integrity. Strengthen our hearts and minds, and help us to always stand firm in our faith, no matter what challenges may come our way.

In Jesus' name, Amen.



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