

## 8 Ways God Uses Pressure Tests for our Good

1. Can bring us to a place of brokenness or crushing especially of our pride, where we can begin again from true spiritual humility and start to truly come into His Kingdom life ~ Matthew 5:3
2. Can also reveal our true heart state, good or bad and bring us to a decision point, a T-junction where we get to chose between self or God.
3. Test the building work that's been done, so what would have been one response a year ago becomes another and becomes a living testimony of His true work in us.
4. Can expose where we're not at and where we don't know Him enough and only know ourselves. This truth can cause us to be real and turn in true authenticity, humility and surrender and come into a new freedom.

5. Can take us completely outside our own capacity and give the opportunity to become more dependent on God. (2 Corinthians 1:8-10)
6. Give us opportunities to overcome in His power so we get to know what it is to live from His power within us. (Jesus full of the Holy Spirit was lead into the wilderness by the Spirit to be tempted by the devil. He came out in the power of the Spirit) Luke 4:14
7. Can cause us to discover a heavenly food source and joy that sustains and overcomes through any situation. In the wilderness Jesus by the word overcame all the things that would trip us up: The lust of the eyes, or the flesh and the pride of life. He overcame the flesh, the world and the devil to show it is fully possible.
8. Give opportunities for Christ to reveal Himself – like when He was asleep in the boat during the storm. It wasn't just His power over the natural world He revealed, it was that He is unchanging and unflustered in any storm and wants to bring us into that part of His nature. (Psalm 11)

## 4 Traps to Avoid

1. Pull back, trying to reorganize our lives to relieve the pressure and gain back a sense of control.
2. Self pity, self focus and “rehearsing the problem.”
3. When under pressure it’s very easy to have strong expectations of people – when they are not met our hearts can quickly become embittered. (Hebrews 12:14-16)
4. Withdrawing so others don’t see our vulnerability, refusing help and “toughing it out” in survival mode. (Colossians 1:11 MSG)