

So much pressure



Luke 22:39-46

Every Day Jesus
Sermon Series

We all have moments of PRESSURE

How do we deal with it?

running away from my
problems



The Bottom Line

When your pressure is too much
RETREAT



Luke 22:39

LUKE

39 And he came out and went, as was his custom, to the Mount of Olives, and the disciples followed him.

40 And when he came to the place, he said to them, “Pray that you may not enter into temptation.”

41 And he withdrew from them about a stone's throw, and knelt down and prayed,

42 saying, "Father, if you are willing, remove this cup from me. Nevertheless, not my will, but yours, be done."

43 And there appeared to him
an angel from heaven,
strengthening him.

44 And being in agony he prayed more earnestly; and his sweat became like great drops of blood falling down to the ground.

45 And when he rose from prayer, he came to the disciples and found them sleeping for sorrow,

46 and he said to them, “Why are you sleeping? Rise and pray that you may not enter into temptation.”

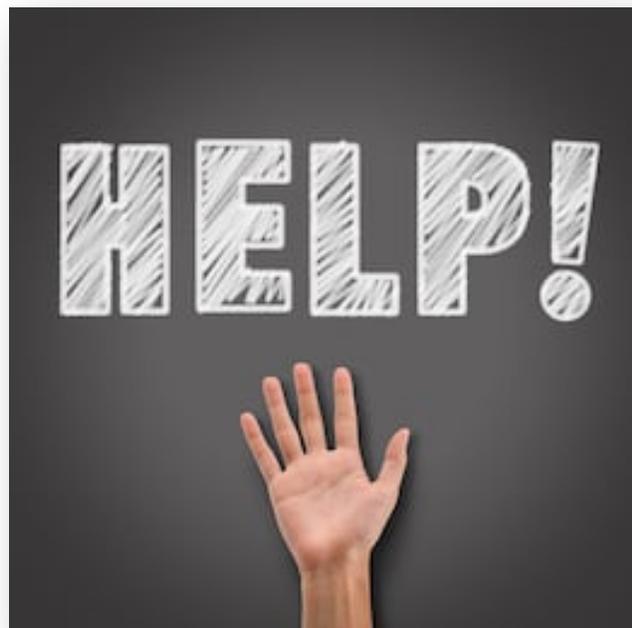
Jesus had stress in His life too

It's not fair
It's too much
I can't do this



When Jesus was under **PRESSURE**

He **RETREATED** to His Father



What's up with the disciples though??

The disciples needed to be praying
but they were sleeping

Peter went AWOL



In the hour of trouble

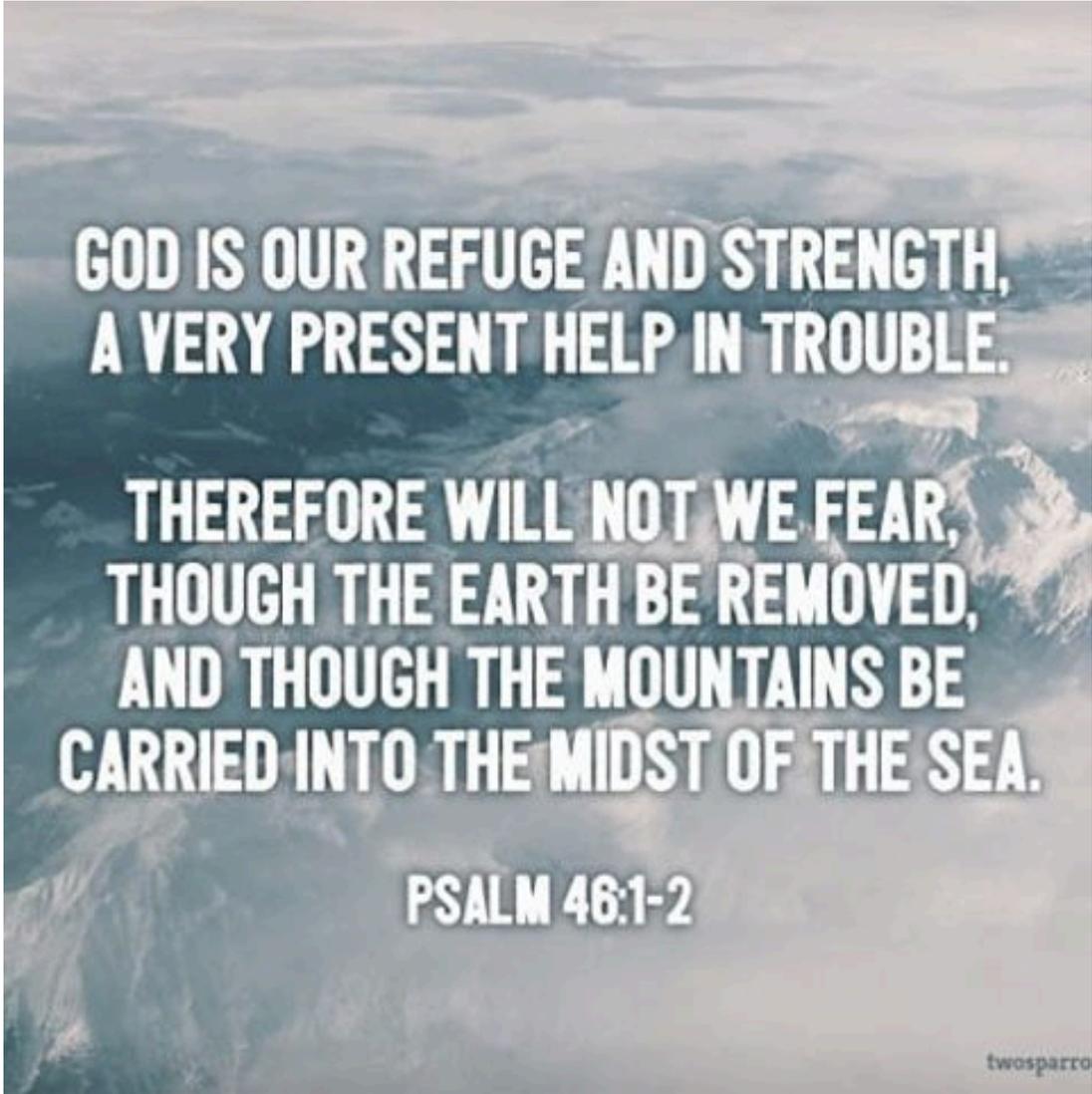
We ought to be praying
but we are distracted

We run from the God we should run
to



Don't run FROM
your problems

run TO your
Father

An aerial photograph of a mountain range with snow-capped peaks and a valley below. The text is overlaid in white, bold, sans-serif font.

**GOD IS OUR REFUGE AND STRENGTH,
A VERY PRESENT HELP IN TROUBLE.**

**THEREFORE WILL NOT WE FEAR,
THOUGH THE EARTH BE REMOVED,
AND THOUGH THE MOUNTAINS BE
CARRIED INTO THE MIDST OF THE SEA.**

PSALM 46:1-2

Prayer brings strength, peace, and provision

God help me to see
the good in the
'not knowing'...
the joy in the
'in-between'...
the meaning in
the 'meantime.'

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[instagram.com/spiritinspiration](https://www.instagram.com/spiritinspiration)

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when life
gives
you more
than you
can stand...
kneel.

profiter seculis | StudioRU

In the midst of the pressures you
face

LOOK

*to the Lord
and his strength;*

**SEEK HIS
FACE ALWAYS.**

1 CHRONICLES 16: 11

— *@psalmscanvas* —

seek His face

We all retreat somewhere

Don't go to the enemy's camp
Head to the Embassy



Your pressure might not really be about you!



**I WANT TO
INSPIRE
PEOPLE.
I WANT SOMEONE TO
LOOK AT ME AND SAY
“BECAUSE OF YOU
I DIDN'T GIVE UP.”**

I don't know about you

I feel better when I know my
Father is there with me

