



Sermon Series: "The Pressure in Pressing"

Pastor Tyrone King

## **Day 1: Evaluating Our Priorities**

### **Devotional:**

In Philippians 3:7-14, Paul challenges us to evaluate our priorities, placing our relationship with Christ above all else. He considers everything he once valued as loss compared to knowing Christ. This is a powerful reminder that our worldly achievements and possessions are insignificant when compared to the surpassing worth of knowing Jesus. As we start this devotional journey, let's take a moment to reflect on what we prioritize in our lives. Are we putting Christ first, or are we allowing other things to take precedence? Remember, our true value and purpose are found in our relationship with Him.

### **Bible Verse:**

'But whatever gain I had, I counted as loss for the sake of Christ.' - Philippians 3:7

### **Reflection Question:**

What are some things in your life that you might be placing above your relationship with Christ? How can you begin to shift your focus back to Him?

### **Quote:**

'Whatever gain I had, I counted as loss for the sake of Christ.'

### **Prayer:**

Lord, help me to evaluate my priorities and place You above all else. Show me the areas in my life where I need to make changes, and give me the strength to do so. Amen.



## **Day 2: Embracing Sacrifice**

### **Devotional:**

Paul's message in Philippians 3:7-14 emphasizes the sacrifices required in our spiritual journey. He was willing to give up everything he once valued to gain Christ. This kind of sacrifice can be challenging, but it is essential for our growth and relationship with God. Sacrifice means letting go of our comfort zones, our desires, and sometimes even our relationships, to follow Christ wholeheartedly. As we reflect on this, let's ask ourselves what sacrifices we need to make to deepen our relationship with Jesus.

### **Bible Verse:**

'And he said to all, If anyone would come after me, let him deny himself and take up his cross daily and follow me.' - Luke 9:23

### **Reflection Question:**

What sacrifices are you willing to make to grow closer to Christ? How can you start making those sacrifices today?

### **Quote:**

'Paul says, I do, I do. And I give it up to gain Christ.'

### **Prayer:**

Lord, give me the courage to make the necessary sacrifices to follow You more closely. Help me to deny myself and take up my cross daily. Amen.



### **Day 3: Pressing Through the Pressure**

#### **Devotional:**

Living a life for Christ is not easy. Paul uses the analogy of a sports game's fourth quarter to illustrate the need for intense effort and focus as we press on in our faith journey. The pressures and challenges we face can be overwhelming, but they are also opportunities for growth. When we press through these pressures, we become stronger and more resilient in our faith. Let's embrace these challenges and see them as opportunities to grow closer to God.

#### **Bible Verse:**

'Count it all joy, my brothers, when you meet trials of various kinds.' - James 1:2

#### **Reflection Question:**

What pressures or challenges are you currently facing? How can you view them as opportunities for growth in your faith?

#### **Quote:**

'The pressure in pressing.'

#### **Prayer:**

Lord, help me to press through the pressures and challenges I face. Give me the strength and perseverance to see them as opportunities for growth. Amen.



#### **Day 4: Forgetting the Past**

##### **Devotional:**

One of the most powerful aspects of Paul's message is the call to forget what lies behind and strain forward to what lies ahead. Holding onto past mistakes or successes can hinder our progress. We must focus on the future and the promises of God. This forward momentum is crucial in our journey towards becoming more like Christ. Let's take a moment to reflect on what we might be holding onto from our past and ask God to help us let go and move forward.

##### **Bible Verse:**

'For I know the plans I have for you, declares the Lord, plans for welfare and not for evil, to give you a future and a hope.' - Jeremiah 29:11

##### **Reflection Question:**

What past mistakes or successes are you holding onto that might be hindering your progress? How can you begin to let go and focus on the future?

##### **Quote:**

'One thing I do, forgetting what lies behind and straining forward to what lies ahead, I press on toward the goal for the prize of the upward call of God in Christ Jesus.'

##### **Prayer:**

Lord, help me to forget what lies behind and strain forward to what lies ahead. Give me the strength to let go of my past and focus on Your promises for my future. Amen.



## **Day 5: Living a Christ-Centered Life**

### **Devotional:**

Paul stresses the importance of living a Christ culture, which involves daily commitment and embracing righteousness through faith in Christ, not through our own efforts. Our salvation is in Jesus Christ alone, and we are called to glorify God with our lives. This is our true worship. As we conclude this devotional series, let's commit to living a Christ-centered life, focusing on our relationship with Him and glorifying Him in all that we do.

### **Bible Verse:**

'Do not be conformed to this world, but be transformed by the renewal of your mind, that by testing you may discern what is the will of God, what is good and acceptable and perfect.' - Romans 12:2

### **Reflection Question:**

How can you commit to living a Christ-centered life daily? What steps can you take to ensure that your life glorifies God?

### **Quote:**

'Paul says we are to glorify God with our life. And that is your true worship.'

### **Prayer:**

Lord, help me to live a Christ-centered life. Transform my mind and heart so that I may glorify You in all that I do. Amen.