

# “DIAMONDS ARE MADE UNDER PRESSURE”

Bible Study Lesson – Broken 2 Beautiful

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“When we long for life without difficulties, remind us that oaks grow strong in contrary winds and **diamonds are made under pressure.**” --[Peter Marshall](#)

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## //What is Pressure?

### Definition >> Pressure (m-w.com)

*1a* : the burden of physical or mental distress *b* : the constraint of circumstance : the weight of social or economic imposition

*2* : the application of force to something by something else in direct contact with it :

[compression](#)

*5* : the stress or urgency of matters demanding attention : [exigency](#) <people who work well under *pressure*>

### Question: What kinds of pressures do we face as women?

- Distractions >> Work, family, ministry, competing priorities, over-commitments, conflicting schedules, sickness, etc.
- "For **we wrestle** not against flesh and blood, but against principalities, against powers, against the rulers of the darkness of this world, against spiritual wickedness in high places." --Eph.6:12

## I. The pressures of life are designed to reveal what's in us.

### Question: How do we react to these pressures?

A. Faith >>

- Consider it a sheer gift, friends, when tests and challenges come at you from all sides. You know that under pressure, your **faith-life is forced into the open** and shows its true colors. So don't try to get out of anything prematurely. Let it do its work **so you become mature** and well-developed, not deficient in any way. – James 1:2-4 (MSG)

B. His Spirit >>

- "...greater is he that is in you than he that is in the world." --1 John 4:4 (KJV)

## II. The pressures of life are calmed by the peace of God.

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"Peace is not the absence of conflict. Peace is the ability to cope." - Unknown

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### Question: How can we get the peace of God?

A. Focus on God >>

- "Thou wilt keep him in perfect **peace**, whose mind is stayed on thee: because he trusteth in thee" --Isaiah 26:3

B. Pray >>

- Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God; <sup>7</sup> and the **peace** of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus.  
– Philippians 4:6-8



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## III. The pressures of life were not meant for us to handle alone.

A. We need His Word >>

- As **pressure** and **stress** bear down on me, I find joy in your commands. Your laws are always right; help me to understand them so I may live. --Psalm 119:143-144 (NLT)

B. We need His strength >>

- If you fail under **pressure**, your strength is too small. – Proverbs 24:10
  - *Don't focus on the "too small" part (failure), focus on the "your strength" (help)*

C. We need Rest >>

- Come to Me, all you who labor and are heavy laden, and I will give you rest. – Matthew 11:28

## IV. The pressures of life are meant to prove God is sufficient to handle everything in us and around us.

A. Yes, we will have trials, tribulations, pressures...but Jesus has already overcome them!

- These things I have spoken to you, that in Me you may have peace. In the **world** you **will** have **tribulation**; but be of good cheer, I have overcome the **world**." – John 16:33

B. Everything we need, God can provide!

- "And my God will meet all your needs according to his glorious riches in Christ Jesus." --Philippians 4:19

C. We don't always respond the way we should...but God can refine our rough places!

- "Behold, I am the LORD, the God of all flesh; is anything too difficult for Me?" – Jer 32:27 (NASB)

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"God will not permit any troubles to come upon us, unless He has a specific plan by which great blessing can come out of the difficulty." --Peter Marshall

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