

WALKING IN THE SPIRIT

LESSON 19: SUPERNATURAL PRESSURE RELIEF

19 July 2026

➤ **Deuteronomy 30:13-16, 19-20**

- God's Will for everyone: LIFE
- Our quality of Life is based on the decisions we make every day

I. Satan's Desire for Every Man

- a. Luke 22:31 — Jesus' warning to Peter is a warning to us
 - i. Satan desire was to bring so much pressure on Peter it would cause his faith to fail (Peter was a threat to Satan's plans)
 - ii. Verse 32: Jesus interceded for Peter not to fail (he didn't)
 - iii. The pressure comes when we don't Trust God to fulfill His Covenant Word
- b. 1 Corinthians 10:13
 - i. The pressure from the enemy is common to everyone
 - ii. God has made a way of escape from the pressure: VICTORY
- c. James 1:2-4
 - i. Verse 3: all pressure is meant to tear down your faith in God
 - 1. As you stand in patience (consistently constant) that patience will at some time bring you out on top of the pressure
 - 2. Verse 4: perfect
 - 3. Verse 4: entire (whole – Mark 5: the Woman with the issue of Blood)
 - 4. Verse 5: Lacking Nothing (even what Satan has stolen – it will come back to us 7-fold: Proverbs 6:31)
 - ii. When you're settled on the Truth that as long as you're standing on your faith in God- Joy comes and Victory follows
 - 1. Psalm 30:5

II. Three Keys to Pressure with Supernatural Relief

- a. Renewing the Mind: Romans 12:2
 - i. The pressure is not supernatural, the relief is
 - ii. Thought Control
 - iii. Continual Thoughts on the Truth over whatever pressure is based on

- iv. Meditating on the pressure increases the pressure
- v. Your thoughts turn to action: action will either increase or decrease the pressure
- vi. Philippians 4:6-9 — turn your thoughts to God's Positive Words
 - 1. Bringing Peace to the Emotions & the Mind
 - 2. Verse 8: think on God's Full Provision
- b. Speaking Right Words: Mark 11:23-24
 - i. Mark 4: Words are Seeds that when spoken are planted and fed and grow, eventually producing (*Law of Seed/Time/Harvest*)
 - ii. 1 Corinthians 3:6
 - iii. Levels of Faith:
 - 1. By Faith: Confessions of what we've heard
 - 2. Of Faith: speaking what we know is Truth
 - a. Hebrews 3:1
 - iv. Romans 10:8 — keep the Covenant Word of God Near
 - 1. Put it in your "Heart"
 - a. Psalm 45:1 – my tongue is the pen of a ready writer
 - b. Prov. 3:3 – write them on the tablets of your heart
 - 2. Bring out of your mouth
 - a. Mt. 12:35 – YOU bring forth Life and Blessings, or Death and Curses — You choose (Deut. 30:19 & Prov. 18:21)
 - v. Luke 4 is exactly how Jesus handled the devil's pressure
 - vi. Ways of speaking right:
 - 1. Speak the Covenant Words of God
 - 2. Be a praise to God
 - 3. Ephesians 4:19 — be a minister of Grace
 - 4. Revelation 12:11 — testify of God's Truth
 - a. David ran toward his problem because he knew he was in Covenant with God
 - vii. Wrong Speaking denies Faith
 - viii. 1 Corinthians 13:11 — a child is the center of his universe
 - ix. 1 Corinthians 10:10 — murmur (grumble, complain) death-producing
 - x. Proverbs 11:13 — tail bearing
 - xi. Romans 16:17
 - 1. Division
 - 2. Contention
 - 3. Strife (see also James 3:16)
- c. Allow the Holy Spirit to be Your Comforter [see Lesson 20]