

Focused Living:

How you live is determined by who you are!

Life is hard. This is not breaking news! Each stage of our lives presents its own challenges. At times, whether young, middle aged, or older, life may seem not simply *hard*, but *too hard to handle*. How can we live in such a world in which we find ourselves? God has the answer!

Today: When you know your identity, you can live *relaxed*.

A good prayer to begin our study:

Dear Heavenly Father, when I feel the pressures of life, lead me to look to you for relief.
Amen.

Do you find it easy to relax? Why or why not?

Read  **Colossians 3:12-14**

Which of the following pressures do you feel in your life?

- The pressure to keep up with others
- The pressure to succeed
- The pressure to make a family member proud
- The pressure to perform well at work or school
- The pressure to not let down others
- The pressure to earn a living
- The pressure to keep to your schedule
- The pressure to be perfect

Any other pressures you feel?

What are some ways you deal with pressure in your life? List as many as you can think of—and then label them either “healthy” or “unhealthy” ways of dealing with pressure.

God reminds us that how we deal with pressure does not define who we are. Look again at our verses from Colossians 3. How does God define who you are?

Instead of putting pressure on us to figure out our own lives and how to deal with pressure ourselves, God gives us a wardrobe of his best clothing in Colossians 3. Think of the last time you wore each piece of clothing in your interactions with others.

- Heartfelt compassion
- Kindness
- Humility
- Gentleness
- Patience

Now think of the last time someone else wore each piece of clothing and was a blessing to you.

The clothes God gives us are a blessing to us and to those with whom we interact! Never forget the impact you have on others by being who God has made you and wearing the clothes God has given you!

Many feel pressure to “make a difference.” God has already prepared you for that, as we see in Colossians 3. Using Colossians 3, think of ways God has prepared you to make a difference this week and list them!

Homework: when you feel pressures this week, open your Bible and reread Colossians 3:12-14.