

Ps. Obed Martinez – Online Campus

PRESSED SERIES

July 18, 2021

“PRESSED”

8 We are **PRESSED** on every side by troubles, but we are not crushed. We are perplexed, but not driven to despair. **9** We are hunted down, but never abandoned by God. We get knocked down, but we are not destroyed. - **2 Corinthians 4:8-9 (NLT)**

CYCLE: *Pressed, Suppressed, Depressed, Oppressed; WILL & CHOICE can Make It or Break It*

GOD’S PRESCRIPTION:

- *His Dopamine: Taking Vacations & engaging in Physical Activity*
- *His Oxytocin: Hugging a loved one & and receiving affection from healthy Physical Touch*
- *His Serotonin: Enjoying nature & and nurturing yourself by engaging in regular Physical Exercise*
- *His Endorphins: Doing life together & Serving one another*

1. STEPPING INTO A **NEEDED RECOVERY**

“If I don’t prioritize my life, someone else will.”

Teach us to number our days and recognize how few they are; help us to spend them as we should. - **Psalm 90:12 (TLB)**

9 There he went into a cave and spent the night. And the word of the Lord came to him: “What are you doing here, Elijah?” **10** He replied, “I have been very zealous for the Lord God Almighty. The Israelites have rejected your covenant, torn down your altars, and put your prophets to death with the sword. I am the only one left, and now they are trying to kill me too.” **11** The Lord said, “Go out and stand on the mountain in the presence of the Lord, for the Lord is about to pass by.” Then a great and powerful wind tore the mountains apart and shattered the rocks before the Lord, but the Lord was not in the wind. After the wind there was an earthquake, but the Lord was not in the earthquake. **12** After the earthquake came a fire, but the Lord was not in the fire. And after the fire came a gentle whisper. - **1 Kings 19:9-12 (NIV)**

2. STEPPING INTO A **GOD ENCOUNTER**

“We look for the dynamic, but God is in the intimate.”

Be still, and know that I am God. - **Psalm 46:10 (NIV)**

When I tried to understand all this, it troubled me deeply till I entered the sanctuary of God. - **Psalm 73:16-17 (NIV)**

13 When Elijah heard it, he pulled his cloak over his face and went out and stood at the mouth of the cave. Then a voice said to him, “What are you doing here, Elijah?” **14** He replied, “I have been very zealous for

the Lord God Almighty. The Israelites have rejected your covenant, torn down your altars, and put your prophets to death with the sword. I am the only one left, and now they are trying to kill me too.” - **1 Kings 19:13-14 (NIV)**

3. STEPPING INTO A **TRUE IDENTITY**

“No one can make you feel inferior without your consent.” ~ Eleanor Roosevelt

15 The Lord said to him, “Go back the way you came, and go to the Desert of Damascus. When you get there, anoint Hazael king over Aram. **16** Also, anoint Jehu son of Nimshi king over Israel, and anoint Elisha son of Shaphat from Abel Meholah to succeed you as prophet. **17** Jehu will put to death any who escape the sword of Hazael, and Elisha will put to death any who escape the sword of Jehu. **18** Yet I reserve seven thousand in Israel—all whose knees have not bowed down to Baal and whose mouths have not kissed him.” - **1 Kings 19:15-18 (NIV)**

4. STEPPING INTO A **NEW ASSIGNMENT**

Where there is no vision, the people perish. - **Proverbs 29:18 (KJV)**

*“People have enough to live by but nothing to live for; they have the **MEANS** but no **MEANING.**” ~ Viktor Frankl*

16 Therefore we do not lose heart. Though outwardly we are wasting away, yet inwardly we are being renewed day by day. **17** For our light and momentary troubles are achieving for us an eternal glory that far outweighs them all. **18** So we fix our eyes not on what is seen, but on what is unseen, since what is seen is temporary, but what is unseen is eternal. - **2 Corinthians 4:16-18 (NIV)**

So Elijah went from there and found Elisha son of Shaphat. He was plowing with twelve yoke of oxen, and he himself was driving the twelfth pair. Elijah went up to him and threw his cloak around him. - **1 Kings 19:19 (NIV)**

5. STEPPING INTO A **RELATIONAL STRENGTH**

“Look carefully at the closest associations in your life, for that is the direction you are headed.” ~ Kevin Eikenberry