

FINDING HEALTHY BALANCE
GOODINTENSION
IN A CULTURE OF EXTREMES

Recognize (When Pressure Reveals the Heart)

MAIN SCRIPTURE

Matthew 11:28-30 John 1:14

Healthy _____ is a life _____ on Jesus.

Pressure can _____ what needs attention and become a
_____ where God grows perseverance, honesty, and hope.

Spiritual growth happens when we _____ the tension in life
rather than _____ it.

James 1:2-5 Matthew 26:39

Tension produces _____.

Without _____, our spiritual lives become _____.

_____ does not require emotional _____.

Psalms 139:23-24

_____ an emotion is different from _____ it.

_____ is not something to avoid—it's a _____ God uses to
make us more like Christ.

Let _____ become a place of _____.

We should neither _____ every difficult conversation nor
_____ exhaustion.

Romans 5:3-5

Perseverance is the _____ that leads us from pain to _____,
from tension to _____.

Perseverance is the result of _____.

Jesus' path from _____ into _____.

Recognizing a pattern is the beginning of _____, not a
_____.

"Talk About It" questions

1. What tension currently tempts you toward avoidance or overreaction?
2. How does James 1:2-5 distinguish faithful endurance from simply forcing yourself through difficulty?
3. What assumption do you commonly add to criticism, silence, or disappointment?
4. What does Jesus' honesty in Gethsemane teach you about prayer?
5. What support or boundary would help you take a wiser next step?

Five-day practice: A simple awareness journal

Day 1: Read James 1:2-5. Name one trial and ask God for wisdom about it.

Day 2: Pray Psalm 139:23-24. Record one reaction without excusing it or attacking yourself.

Day 3: Separate an event from your interpretation: "What happened?" and "What did I assume?"

Day 4: Read Matthew 26:36-46. Bring an honest request and a surrendered next step to God.

Day 5: Speak with a trusted person about one pattern you want to address. Choose a practical action.