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UNDER PRESSURE

STARTER GUIDE

Warm Ups



1. In what situation have you felt the greatest pressure?

2. Brazil is known for football. What kinds of expectations do you experience because of where you're from? How have these expectations shaped who you are?

3. *"It's a lot of pressure and responsibility but good things also come along with that."* –Kaká. What privileges or benefits of responsibility have you felt?

4. After the 1990 World Cup, Cameroonians like Enoh dreamed of playing the World Cup. What are your greatest dreams?

5. There was tremendous pressure on Cameroon in the game against Denmark. The ball to Enoh's eye ended his World Cup, and then the loss ended the experience for his team. When have you experienced the death of a dream?

6. Jacob Mulenga has never played in a World Cup because Zambia has never qualified. What circumstances have held you back from accomplishing your dreams? How have you overcome those?

7. *"The higher you go, the worse the pressure becomes. You miss one ball and you have thousands calling you stupid. When you score, you have millions saying you're the greatest."* –Jacob Mulenga. Although it seems like footballers on the World Cup stage are the only ones with such pressure, Enoh says everyone has pressure. When do you feel pressure like this and how do you react?

8. In Brad Guzan's first four years in England, he struggled with inconsistency. When have you felt like you weren't rewarded for a good performance or were unfairly punished?



Get in the Game

1. A lot of football fans around the world look to footballers as role models and live out their emotions through their teams' results. Is there something that drives your emotions and your self worth?

2. How has trusting Jesus affected you in pressure-filled situations?

3. Cacau has joy and value because of who he is in God. What does God say about your worth?

4. Kaka's childhood dream was to play just once for Brazil, but the Bible says God has much more for us than we could ask for or imagine. How have you experienced God doing more in your life than you could ask for or imagine?

5. When you go through tough times, what gets you through life?

6. Trusting God doesn't mean you're not going to have challenges, but that in everything, you can be victorious. How have you experienced victory over your challenges?

7. Kaka looks to Jesus as an example of how to deal with pressure. Who provides a similar example for you?

8. All of these players have experienced God's love that overcomes pressure. To whom or what do you turn when you're looking for acceptance and unconditional love?



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