



## Under Pressure #5

### Pressure Reveals Our HOPE

Call Study – Jason Park

<sup>18</sup> We took such a violent battering from the storm that the next day they began to throw the cargo overboard. <sup>19</sup> On the third day, they threw the ship's tackle overboard with their own hands. <sup>20</sup> When neither sun nor stars appeared for many days and the storm continued raging, we finally gave up all hope of being saved. **Acts 27:20**

**Hope:** A confident expectation in God and His promises, regardless of our circumstances.

**BIG IDEA:** Pressure reveals what we are counting on when everything else is falling apart.

### PRESSURE REVEALS THE **SOURCE** OF OUR HOPE

<sup>21</sup> After they had gone a long time without food, Paul stood up before them and said: "Men, you should have taken my advice not to sail from Crete; then you would have spared yourselves this damage and loss. <sup>22</sup> But now I urge you to keep up your courage, because not one of you will be lost; only the ship will be destroyed. <sup>23</sup> Last night an angel of the God to whom I belong and whom I serve stood beside me <sup>24</sup> and said, 'Do not be afraid, Paul. You must stand trial before Caesar; and God has graciously given you the lives of all who sail with you.' <sup>25</sup> So keep up your courage, men, for I have faith in God that it will happen just as he told me. <sup>26</sup> Nevertheless, we must run aground on some island." **Acts 27:21–26**

Find rest, O my soul, in God alone; my hope comes from him. **Psalms 62:5**

**Truth:** Pressure reveals whether our hope is anchored in what we have or in who God is.

**Q:** When life gets difficult, where does your hope go? What are you most tempted to put your hope in besides God?

### PRESSURE REVEALS WHAT WE **BELIEVE**

<sup>25</sup> So keep up your courage, men, for I have faith in God that it will happen just as he told me. <sup>26</sup> Nevertheless, we must run aground on some island." <sup>27</sup> On the fourteenth night we were still being driven across the Adriatic Sea, when about midnight the sailors sensed they were approaching land. **Acts 27:25–26**

Let us hold unswervingly to the hope we profess, for he who promised is faithful. **Hebrews 10:23**

**Truth:** Biblical hope isn't believing everything will work out the way we want; it's believing God will remain faithful no matter what happens.

**Q:** What promise or truth about God do you need to hold onto under pressure right now?

### PRESSURE REVEALS THE **POWER** OF OUR HOPE

<sup>33</sup> Just before dawn Paul urged them all to eat. "For the last fourteen days," he said, "you have been in constant suspense and have gone without food—you haven't eaten anything. <sup>34</sup> Now I urge you to take some food. You need it to survive. Not

one of you will lose a single hair from his head.” <sup>35</sup> After he said this, he took some bread and gave thanks to God in front of them all. Then he broke it and began to eat. <sup>36</sup> They were all encouraged and ate some food themselves. **Acts 27:33–36**

Always be prepared to give an answer to everyone who asks you to give the reason for the hope that you have. **1 Pet. 3:15**

**Truth:** A man whose hope is anchored in God can bring courage to others when the pressure rises.

**Q:** Who is watching the way you are handling pressure—and what are they learning about your hope?

### THE SHIP STILL BROKE APART

<sup>41</sup> But the ship struck a sandbar and ran aground. The bow stuck fast and would not move, and the stern was broken to pieces by the pounding of the surf. <sup>42</sup> The soldiers planned to kill the prisoners to prevent any of them from swimming away and escaping. <sup>43</sup> But the centurion wanted to spare Paul’s life and kept them from carrying out their plan. He ordered those who could swim to jump overboard first and get to land. <sup>44</sup> The rest were to get there on planks or on other pieces of the ship. In this way everyone reached land safely. **Acts 27:39–44**

<sup>5</sup> Yes, my soul, find rest in God; my hope comes from him. Truly he is my rock and my salvation; he is my fortress, I will not be shaken. **Ps. 62:5-6**

### YOU CAN LOSE THE SHIP WITHOUT LOSING YOUR HOPE.

#### PRESSURE REVEALED PAUL'S HOPE

CIRCUMSTANCES vs. **GOD'S PROMISES**

FEAR vs. **FAITH**

WHAT I SEE vs. **WHAT GOD SAID**

GIVE UP vs. **HOLD ON**

#### THIS WEEK'S CHALLENGE:

Have circumstances caused you to lose hope?  
Are you counting on something that could be taken away?  
What has God said that you need to believe again?  
Who needs to see the hope of Jesus in you?

#### Memory Verse

<sup>5</sup> Yes, my soul, find rest in God; my hope comes from him. Truly he is my rock and my salvation; he is my fortress; I will not be shaken. **Ps. 62:5-6**

**How can we pray for you?**

**2026 Bible Reading Plan  
OT/PS/NT**

