

# How Do You Deal With Pressure?

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David was a man who knew pressure. Sometimes that pressure was a result of his own doing. Other times it was a result of the calling upon his life.

Everyone has times when pressure is placed upon them. It can bring the fires of adversity upon us when we least expect it. In the workplace, pressure can come in many different ways. A boss may pressure you for more sales. Conflicts may arise when a co-worker views things differently and you begin to accuse one another. A botched job may bring pressure on you to cut corners or to make allowances for other's failures. They come in a variety of shapes and sizes.

Pressure allows us to discover what we are made of and how we will deal with situations. Some people deal with pressure by avoiding it altogether. Some turn to alcohol or other compulsive behaviour. And still others simply deny the existence of the situation altogether. I like what Dr. Sam Peebles said: "The people in my life do not make me the way I am, but reveal the way I am." Pressure reveals your true nature.

David found himself leading an army as he was just about to get the baton passed to him by God from Saul to lead Israel. He was placed in an awkward situation when he had to build an alliance with Israel's enemy, the Philistines, in order to defeat Saul's army. There was a point when David knew he could no longer have that alliance with the Philistines when he discovered they attacked his own town of Ziklag and kidnapped his two wives and the families of his men.

"When David and his men came to Ziklag, they found it destroyed by fire and their wives and sons and daughters taken captive. So David and his men wept aloud until they had no strength left to weep. David's two wives had been captured-Ahinoam of Jezreel and Abigail, the widow of Nabal of Carmel. David was greatly distressed because *the men were talking of stoning him*; each one was bitter in spirit because of his sons and daughters. But David found strength in the LORD his God." (1 Sam 30:3-6).

Do you see what is happening to David? His men are so distressed that they want to blame someone for it-David. He is in the hot seat. Many a leader has led people only to hit a major roadblock and face insubordination of the troops because of situations they had no idea would take place. Moses must have felt the same way when he led the people out of Egypt to a dead-end at the shores of the Red Sea. George W. Bush, president of the United States, must feel this way with the war in Iraq as questions about his leadership and strategy are raised in the media and the opposing political leadership.

The question is, "How do we handle such pressure situations?"  
Again, David provides our solution in his story.

Then David said to Abiathar the priest, the son of Ahimelech, "Bring me the ephod." Abiathar brought it to him, and David inquired of the LORD, "Shall I pursue this raiding party? Will I overtake them?" (1 Sam 30:7-8).

David turned to the Lord in his crisis moment. He realized that only God had the answer to his problem. He turned to God and said, "Lord, what shall I do?" David listened for the answer and God gave him the answer. He was to go after them and do battle. David was successful in recapturing all that had been taken.

"David recovered everything the Amalekites had taken, including his two wives. Nothing was missing: young or old, boy or girl, plunder or anything else they had taken. David brought everything back. He took all the flocks and herds, and his men drove them ahead of the other livestock, saying, "This is David's plunder." (1 Sam 30:17-20).

Do you face a crisis of leadership today? If so, turn to the Lord and seek His wisdom and strategy for the solution. Like David, God can give you the necessary strategy to overcome the obstacles you face.