



Endurance Under Pressure

Definition of Endurance

Endurance is remaining faithful under pressure without quitting.

Greek word: *hypomeno* (hoo-poh-MEN-oh) — “to remain under, to stay, to endure.”

Biblical endurance is choosing to stay faithful while the pressure remains.

Icebreaker

Finish this sentence:

“Pressure makes me want to _____.”

(One-word answers are fine.)

Point 1: Endurance Is an Active Choice, Not Passive Survival

Endurance is not just getting through a hard season. Endurance means deciding to keep going, not just surviving until the season passes.

Reference Scripture: Exodus 1:15–16; James 1:12

Black History Connection: Claudette Colvin chose to remain seated when standing up would have ended the pressure.

Reflection Question: Where is God calling you not to quit?

Point 2: Endurance Protects Life and Purpose

Reference Scripture: Exodus 1:17; Exodus 1:20–21

Because they endured:

- babies lived
- a generation survived
- God’s plan continued



Black History Connection: Claudette Colvin's endurance helped protect the future of many who came after her.

Your endurance may be preserving something bigger than you know.

"What you endure today may be what God uses to bless tomorrow."

Reflection Question: Who might be impacted by your endurance that you cannot see right now?

Point 3: Endurance Is Often Quiet and Unseen

Reference Scripture: Exodus 1:17; Matthew 6:4

The endurance of the midwives was not public or celebrated.

No miracle was announced. No recognition was given.

Black History Connection: Claudette Colvin's stand remained faithful even when recognition did not come.

They simply continued to do what was right when no one was watching.

Reflection Question: Where might God be calling you to remain faithful even when no one notices?