It has been said that “environments do not make who we are, but reveal who we are.” This is very true indeed when we carefully observe how people behave when they are under pressure.

During a camp retreat, a co-worker who was not acting like his normal self became very grumpy when the meal was served late. He said, “I just can’t help being grumpy when I am hungry.” People do reveal their true character when under stress.

About one quarter of the books in the gospels of Matthew, Mark and Luke, and about half of John’s gospel were about the last week of our Lord Jesus’ life on earth. The incredible pressure mounting on Jesus during his last week on earth was more than just physical, but spiritual. However our Lord displayed such an amazing, perfect character of integrity and love to the people till the end. In His dying breath on the cross, He still stretched out His love and care to people around Him. Jesus suffered for us to leave us an example that we should follow in His steps. We will receive a rich welcome into His eternal kingdom when we grow in faith. (2 Peter 1:11)

Faith is a journey and growing involves step-by-step addition. It is a progression of spiritual attributes (2 Pet 1:5-7) and spiritual blessedness (Matt 5:3-10). Meditate on the correlation between the following eight steps of growing in faith:

**QUESTIONS |**

1. Why is it so important that when under pressure your bottom line is determined by your moral integrity?

2. Discuss what you think of the following statement by Ralph Waldo Emerson, “The greatest glory is not in never failing, but in rising up every time we fail”.

3. Discuss in your past experience how God kept you by His power through faith. (1 Peter 1:5)

4. There is a price for everything; hence there is a cost in carrying the cross to follow Jesus daily. Discuss why integrity is so important.

**WRAP UP |**

Make Psalm 15 our checklist and prayer: How do we get invited to God’s dinner table?

**Relationship with self:** Walk right, act right and tell the truth. (Psalm 15:1-2)

**Relationship with others:** Don’t hurt your friends; don’t blame your neighbour; despise the despicable; keep your word even when it costs you; make an honest living, and never take a bribe. (Psalm 15:3-5)