



CELL GROUP MATERIAL

2 AUGUST 2026

2 AUGUST SERMON

Shining Under Pressure

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Shining Under Pressure

Based on Daniel 1:8-21 | Raising Winners Series

Overview

This sermon explores three marks of a winner drawn from the lives of Daniel and his friends in Babylon. Despite being surrounded by a culture that opposed their faith, they did not merely survive but thrived. This material will help your cell reflect on what it means to be settled in God's Word, to operate with His wisdom, and to shine as a witness in difficult circumstances.

Before You Meet

Encourage cell members to read Daniel 1:8-21 before gathering. Ask them to come prepared to share one area of life where they currently feel pressure to compromise their faith or values.

Opening Question

Think about a time when you felt like the odd one out because of your faith. What made that situation difficult, and how did you respond?

Key Takeaways

1. Settled in the Word

Daniel's ability to make a firm decision came from an identity rooted in God's Word. The Word was hidden in his heart before the pressure came. It established who he was, sharpened his discernment, and guided him to know where to draw the line and when to simply trust God through a difficult season.

2. Skilled in Wisdom

Having the right conviction is not enough. How we respond to pressure matters just as much as what we believe. Daniel approached his situation with courage and humility, listened to the concerns of those in authority, and offered a practical, cooperative solution. True wisdom from God is pure, but it is also peaceable, gentle, and constructive.

3. Strong in Witness

Faithfulness produces visible fruit. God gave Daniel and his friends knowledge, skill, and understanding and they developed what God gave them through discipline and preparation. Their excellence was not self-generated. It was a gift from God,

stewarded faithfully, that positioned them to bring God's presence into influential places.

Discussion Questions

Settled in the Word

1. The sermon described the Word of God as a lamp that does not illuminate the entire journey, but gives enough light for the next step. How have you experienced the Word of God guiding a specific decision in your life?
2. Daniel had the Word hidden in his heart before Babylon tried to change him. What spiritual habits help you store God's Word in your heart so it is available when pressure comes?
3. The sermon made a distinction between things we simply endure with God's help and things where we must draw a clear line. How do you discern the difference in your own life? What role does Scripture play in that process?
4. In what area of your life right now do you need the Word of God to settle you — to anchor your identity and guide your decision-making?

Skilled in Wisdom

5. The sermon said, "You can be right in your conviction, but wrong in your response." (eg aggressive, confrontational etc) Can you think of a time when this was true in your own experience? What did you learn from it?
6. Daniel listened carefully to the concerns of the official before offering a solution. He recognized that not every objection is hostility. How does this challenge the way you typically respond when someone pushes back against your values or decisions?
7. James 3:17 describes wisdom from above as pure, peaceable, gentle, and willing to yield. Which of those qualities do you find most difficult to hold onto when you are under pressure? Why?
8. Daniel offered a practical alternative - a 10-day test - that created space for God to work. How can you apply this kind of constructive, solution-oriented approach in a current conflict or difficult relationship?

Strong in Witness

9. The sermon emphasized that every gift and ability we have comes from God. How does recognizing this change the way you approach your work, studies, or ministry?
10. Daniel and his friends were described as ten times better than those around them, not because they promoted themselves, but because God honoured their

faithfulness. What does it look like in your context to serve with that kind of quiet excellence?

11. The final verse says Daniel continued faithfully through multiple changes in leadership and government. What makes long-term faithfulness so difficult? What has helped you keep going when the initial excitement of commitment fades?
 12. The sermon asked: where has God placed you to bring His presence into a difficult room? How are you currently living out that calling?
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Practical Applications

Choose one or more of the following to put into practice before your next group meeting.

For personal growth: Select one passage of Scripture that speaks directly to a pressure or temptation you are currently facing. Write it down, memorize it, and return to it daily this week. Come prepared to share what you noticed.

For relational wisdom: Identify one relationship or situation where you have been responding with conviction but perhaps without wisdom. This week, take one intentional step toward listening more carefully to the other person's concerns before responding.

For your witness: Consider one area - your workplace, school, family, or community - where God may have placed you to bring His presence. Write down one specific, practical way you can serve with greater excellence and faithfulness in that space this week.

For the group: As a group, consider beginning each meeting with a brief time of sharing how you have seen God's Word guide a real decision since you last met. This builds a culture of testimony and accountability.

Closing Reflection

The sermon closed with this call: before the pressure comes, settle in your heart what you will do to honour God. Daniel did not figure out his convictions in the middle of the king's banquet. He had already decided.

Take a few quiet moments as a group. Ask each person to answer this question privately, and then invite anyone who is willing to share:

What is one area of my life where I need to decide - before the pressure arrives - what I will do to honour God?

Closing Prayer

Close your time together by praying for one another in the specific areas that were shared. Ask God for the grace to be settled in His Word, the wisdom to respond well under pressure, and the faithfulness to continue shining for His glory, not just today, but for the long journey ahead.

This guide is based on Daniel 1:8-21 and is part of the Raising Winners sermon series.