

# Riverside Church of God in Christ

## Sunday School on the Run – Student Guide

Lesson Date: February 22, 2026

**Lesson Theme:** Standing Firm When Pressure Increases

### **Key Scriptures (KJV):**

Daniel 3:16–18; Ephesians 6:13–17

### **Lesson Summary:**

This lesson highlights the courage of Shadrach, Meshach, and Abednego, who refused to bow under intense pressure. Their declaration, 'Our God is able... but if not,' reveals unwavering commitment to God regardless of the outcome. Paul's instruction to put on the whole armour of God reinforces the need for spiritual preparation before pressure arises. Standing firm requires settled conviction, reliance on truth, and confidence in God's presence even in the fire.

### **Lesson Objectives:**

- Understand how pressure reveals spiritual conviction.
- Recognize the importance of settled faith before crisis moments.
- Identify the pieces of the armour of God and their purpose.
- Apply biblical principles for standing firm in challenging situations.

### **Key Teaching Points:**

- Convictions must be settled before the crisis comes.
- Faith trusts God's ability and accepts His sovereignty.
- Pressure does not cancel God's presence.
- Spiritual armour equips believers to withstand opposition.
- Standing firm is an act of obedience and endurance.

### **Life Application:**

Believers are encouraged to strengthen their spiritual foundation through prayer, study of Scripture, and fellowship. When cultural or personal pressure increases, standing firm reflects trust in God's power and presence. Faithfulness in small decisions prepares the heart for larger tests.

**Reflection Questions:**

- Where is pressure attempting to weaken your convictions?
- How can you prepare spiritually before difficult situations arise?
- Which piece of the armour of God do you need to strengthen?
- How does knowing God is present in the fire give you confidence?

**Memory Verse:**

“Wherefore take unto you the whole armour of God, that ye may be able to withstand in the evil day, and having done all, to stand.” (Ephesians 6:13, KJV)