

Surviving the Setbacks and Storms

Philippians 4:6-7

Today's Truth #1: Life is filled with times of suffering,

Corollary #1: We can overcome. We can survive.

"Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God. ⁷And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus."

—Philippians 4:6-7

4 strategies for surviving

1. An Adequate Understanding of How Life Works.

What role does God play in storms?

**God does not inflict pain, but God is our Refuge.
We turn to God in trouble.**

2. A Sufficient Network of Stretcher-Bearers

³Some men came, bringing to him a paralytic, carried by four of them. ⁴Since they could not get him to Jesus because of the crowd, they made an opening in the roof above Jesus and, after digging through it, lowered the mat the paralyzed man was lying on. ⁵When Jesus saw their faith, he said to the paralytic, "Son, your sins are forgiven."

—Mark 2:3-5

Who are your stretcher-bearers?

Whose stretcher-bearer are you?

3. A **Healthy** Focus in Adversity.

4 elements of a healthy outlook in adversity:

A. Look to what **brings you joy.**

The Last Lecture, by Randy Pausch

B. Look for the **blessings** and give thanks for them.

Write down three things you are thankful for each day and why.

C. Look at the trials as opportunities to **grow.**

D. Look in the adversity for ways to **make a difference.**

God always redeems the suffering.

Greatest example is Jesus.

God works most powerfully and profoundly in human suffering not that He inflicts nor removes it, but that he redeems.

4. A deep faith that **anchors** us and offers us hope.

Your heavenly father knows you, loves you, and walks with you.