

Living Word Fellowship Church

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What Do You Do When the Issues of Life Seem Overwhelming?

A. Trust God for the Impossible (Matthew 17:20; 19:26):

1. Live trusting God's Word rather than become controlled by the difficulties we may be experiencing (2 Corinthians 5:6-7).
 - a) *"So faith comes from hearing and hearing by the word of Christ."* (Romans 10:17)
 - Remember the Word of God does not return void (Isaiah 55:11).
 - It endures forever (1 Peter 1:24-25; Matt. 24:35; Isaiah 40:8).
 - It is powerful and unchangeable (Hebrews 4:12; Ps. 119:89).
 - God cannot lie (Hebrews 6:18).
 - God has provided us with all we need for every issue we would encounter (2 Peter 1:3-4; 2 Tim. 3:17; Ps. 119:105).
 - It is light and understanding (Ps. 119:130).
 - His Word is proven (Ps. 18:30).
2. David's focus was not on how powerful Goliath was; he maintained his focus on God (2 Samuel 17:45). Joseph did the same (Genesis 41:16, 38-40).
 - a) Paul and John instruct us to think the same way (Romans 8:37; 1 John 4:4).
3. When life is impossible because the storms we encounter are incredible, we must develop the mindset of the great people of the Word:
 - a) *"But Daniel made up his mind that he would not defile himself with the king's choice food or with the wine which he drank; so he sought permission from the commander of the officials that he might not defile himself."* (Daniel 1:8-9; NASU)

"All the commandments that I am commanding you today you shall be careful to do, that you may live and multiply, and go in and possess the land which the Lord swore to give to your forefathers. You shall remember all the way which the Lord your God has led you in the wilderness these forty years, that He might humble you, testing you, to know what was in your heart, whether you would keep His commandments or not. He humbled you and let you be hungry, and fed you with manna which you did not know, nor did your fathers know, that He might make you understand that man does not live by bread alone, but man lives by everything that proceeds out of the mouth of the Lord. Your clothing did not wear out on you, nor did your foot swell these forty years. Thus you are to know in your heart that the Lord your God was disciplining you just as a man disciplines his son. Therefore, you shall keep the commandments of the Lord your God, to walk in His ways and to fear Him. For the Lord your God is bringing you into a good land, a land of brooks of water, of fountains and springs, flowing forth in valleys and hills; a land of wheat and barley, of vines and fig trees and pomegranates, a

land of olive oil and honey; a land where you will eat food without scarcity, in which you will not lack anything; a land whose stones are iron, and out of whose hills you can dig copper. (Deu. 8:1-9; NASU)

B. Maintain a Consistent Prayer Life and Involve Committed Believers (James 5:16).

Why the emphasis on prayer?

- The Bible does not teach that God's people will have trouble-free lives. Jesus said, *"In the world you will have tribulation; but be of good cheer, I have overcome the world"* John 16:33. This means we should not be surprised by difficulty. However, we should also not face difficulty without hope. God has given His people promises, wisdom, prayer, and the power of the Holy Spirit. The Bible teaches that problems can be handled in a way that deepens faith, builds character, strengthens prayer, and brings peace. *The Christian does not overcome by human strength, but by trusting God (see "A" above), following His Word, and prayer.*
- Prayer serves as a vital tool for coping with life's challenges, providing emotional support, clarity, and a sense of connection to a higher power. It allows us to express our fears and seek guidance, which can lead to improved mental well-being and resilience during difficult times.
- Starting our day with prayer invites God into everything we do, while ending the day in prayer helps us reflect, give thanks, and rest in His care. For our children, their bedtime prayers can be a way to build their faith and provide them with a sense of security. Praying for their school day, their protection, and their future is a way to trust God with what matters most.
- When life feels overwhelming, prayer brings peace. Whether it's for healing, protection, or courage to get through tough times, God is always listening. Psalm 46:1 reminds us, that *"God is our refuge and strength, a very present help in trouble."*

Why Maintain a Consistent Prayer Life? (What we receive in return)

1. We receive freedom from fear (Psalm 118:5-6, *"I called on the LORD in distress; He answered me and set me in a broad place; the LORD is on my side; I will not fear. What can man do to me?"*)
2. We receive strength for the soul (Psalm 138:3, *"In the day that I cried out, You answered me, and made me bold with strength in my soul"*)
3. We receive freedom from anxiety (1 Peter 5:7, *"Casting all your care upon Him; for He cares for you"*).
4. We receive guidance and satisfaction (**TURN AND READ** - Isaiah 58:9-11)
5. We receive wisdom and understanding (**TURN AND READ** - Daniel 9:20-27)
6. We receive deliverance from harm (Joel 2:32, *"And it shall come to pass that whoever calls on the name of the LORD shall be saved.....As the LORD has said, among the remnant whom the LORD calls"*)

7. We receive a reward (Matthew 6:6, *"Father who sees in secret, will reward you openly"*)
8. We receive good gifts (Luke 11:13, *"If you then being evil, know how to give good gifts to your children, how much more will your heavenly Father give the Holy Spirit to those who ask him"*)
9. We receive fullness of joy (**TURN AND READ** - John 16:23-24)
10. We receive peace (**TURN AND READ** - Philippians 4:6-8)

C. Learn to Wait on God (Nehemiah 1:11; 2:4-9; Isaiah 41:28-31):

1. Like God with Cyrus, Nehemiah needs God to create a favorable heart in Artaxerxes (1:11).
2. Nehemiah went about his regular job and waited on God to move (2:1-2).
3. Prayer remained a regular part of his life while he waited on God (2:4).
4. He knew specifically what he was going to do. He planned to rebuild the city (2:5).
5. He knew what it would take to get the job done (vs. 7).
6. God blessed his plan (2:8). He always believed that without God, this was not possible.
7. Joseph remained faithful as he waited on God to deliver him from jail (Genesis 40-41).
8. Waiting on God is an act of faith (Hebrews 11:6).

D. Be Willing to Change (1 Kings 17:1-24; Philippians 3:2-21; Luke 14:26-27):

1. Whatever - The things that the Jewish system viewed as important (vs. 5-6).
2. The things Paul once saw as profitable now do not have the same value as they once did.
3. Paul's accomplishments lost their value when he realized they served no purpose in experiencing Christ.
 - a) The loss of all things was painful ('suffer the loss of all things'). It had a reward system he liked.
 - b) To get past the struggle, Paul viewed his accomplishments as trash, human waste, or worthless compared to the profit of experiencing Christ daily.
4. The value Christ has become to Paul caused him to put all his accomplishments in one parcel and write them off as a loss.
 - a) After giving up everything, Paul has officially denied himself; Christ is now everything.
 - b) Because Christ is everything to Paul (1:21), he has everything he has been looking for all along.
 - c) The process of evaluating his life against a life in Christ was a continual process for Paul (Romans 12:1).
 - d) Paul desired to experience all that Christ is in and through him (Phil. 1:21; 2:13; Eph. 3:16-21).
5. *"Only what we do for Christ will last"* (John 15:16; 1 Cor. 9:25).
6. Paul's experience in the third heaven became the prize to win (Philippians 4:1; 2 Timothy 2:5; 4:8).
7. There is earthly benefit and heavenly benefit to living in Christ. They both last forever.

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