
Take Heart!

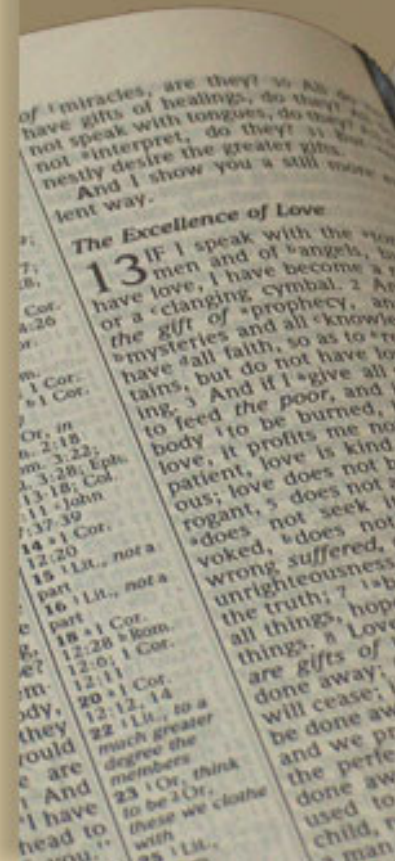
2nd Corinthians 4:17 (NIV)

- 17) For our light and momentary troubles are achieving for us an **eternal glory that far outweighs them all.**



Problems

- LIFE is a series of **PROBLEMS**
- Problems are part of God's Plan to **TRANSFORM** you into a better person



Problems

Psalms 34:18 (NLT)

- 18) The LORD is close to the **brokenhearted**; he rescues those who are crushed in spirit.



Suffering

- Your closest times with God will probably be your **DARKEST DAYS**
- It is during Suffering that we learn to pray our most authentic, heartfelt, honest prayers
- God is more concerned about **TRANSFORMING** you than **TRANSPORTING** you



How to CHANGE

Hebrews 12:10 (MESSAGE)

- 10) While we were children, our parents did what *seemed* best to them. But **God is doing what *is* best for us**, training us to live God's holy best.

Hebrews 12:2 (LB)

- 2) Keep your eyes on Jesus, our leader and instructor. He was willing to die a shameful death on the cross because of the **joy he knew would be his afterwards.**



How to CHANGE

Don't become **BITTER** rather than **BETTER**

1. Remember that God's Plan is **GOOD**

2. **REJOICE** and Give Thanks

1st Thessalonians 5:18 (NIV)

18) **Give thanks in all circumstances, for this is God's will for you in Christ Jesus.**



Transformed by Trouble

Character Development is all about
praying for God to **CONFORM** you,
and not just **COMFORT** you!

DON'T GIVE UP!

GROW UP!

God is **TRANSFORMING** you by **TROUBLE**



The Character of Christ

Galatians 5:22-23 (NIV)

- 22) But the fruit of the Spirit is **love, joy, peace, patience, kindness, goodness, faithfulness,**
- 23) **gentleness and self-control.** Against such things there is no law.



Garbage In - Garbage Out

Galatians 6:7-8 (NIV)

- 7) Do not be deceived: God cannot be mocked. A man reaps what he sows.
- 8) **The one who sows to please his sinful nature, from that nature will reap destruction; the one who sows to please the Spirit, from the Spirit will reap eternal life.**

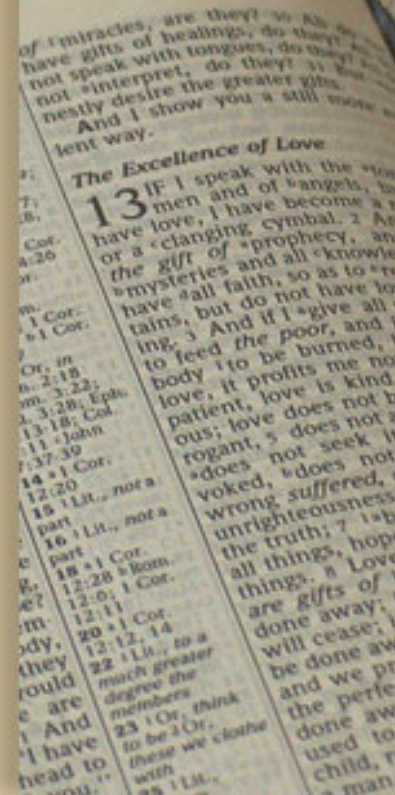


Overcoming Temptation

- It is **NOT** a **SIN** to be Tempted

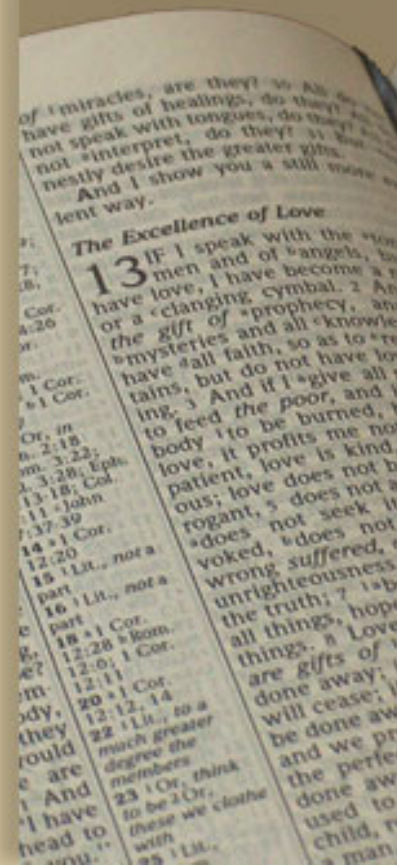
Hebrews 4:15 (NIV)

- 15) For we do not have a high priest who is unable to sympathize with our weaknesses, but we have one who has been **tempted in every way**, just as we are - **yet was without sin.**



Overcoming Temptation

1. Refuse to be **DEMORALIZED**
2. Recognize your **PATTERN** of Temptations



Overcoming Temptation

- Learn what circumstances make you the most **VULNERABLE** and learn to **AVOID** them

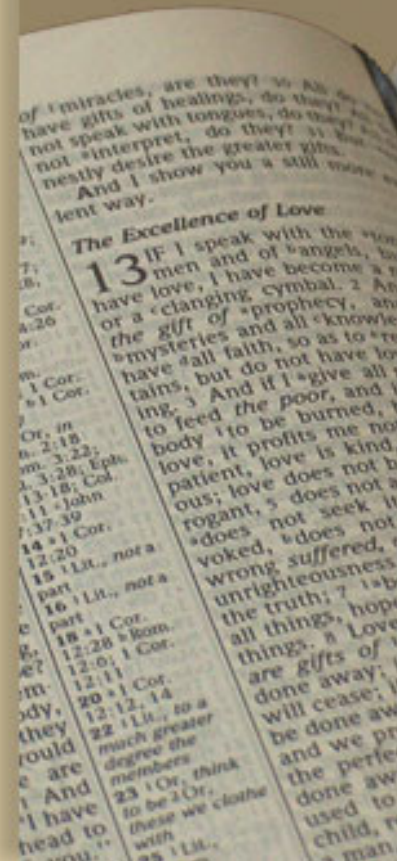
James 4:7 (NIV)

- 7) Submit yourselves, then, to God. **Resist the devil**, and he will flee from you.



Overcoming Temptation

1. Refuse to be DEMORALIZED
2. Recognize your PATTERN of Temptations
3. **REQUEST** God's Help

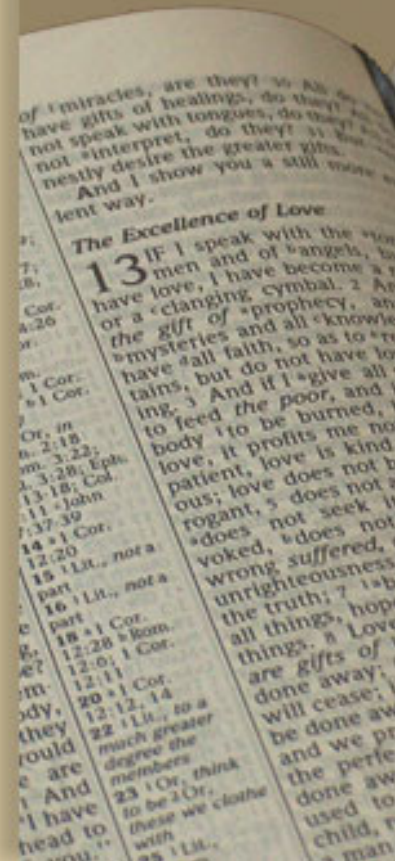


Overcoming Temptation

- God's Patience Endures Forever
- God doesn't get **IRRITATED** or **BORED** when you continually come back to Him for help

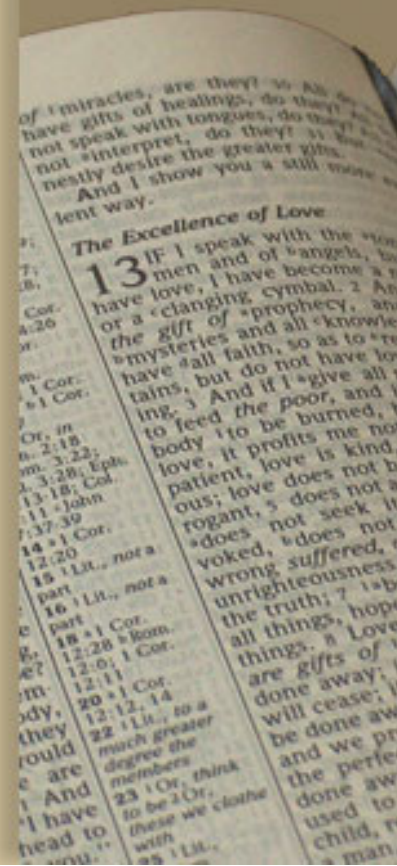
1st Corinthians 10:13 (Message)

- 13) No test or temptation that comes your way is beyond the course of what others have had to face. All you need to remember is that **God will never let you down**; he'll never let you be pushed past your limit; he'll always be there to help you come through it.



Overcoming Temptation

1. Refuse to be DEMORALIZED
2. Recognize your PATTERN of Temptations
3. REQUEST God's Help
4. **REFOCUS** Your Attention



Overcoming Temptation

- Temptation begins by **CAPTURING** your attention
- What gets your attention **AROUSES** your emotions
- Your emotions **ACTIVATE** your behavior and you act on what you feel

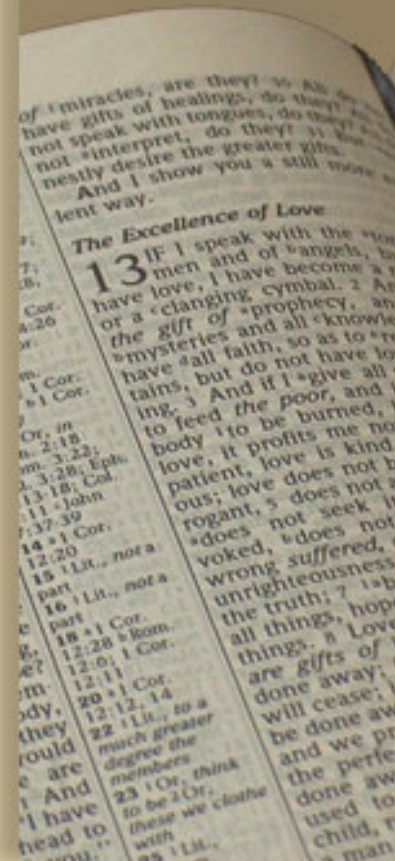


Overcoming Temptation

- Once your mind is on something else, the temptation loses its power

Philippians 4:8 (NIV)

- 8) Finally, brothers, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable - if anything is excellent or praiseworthy - **think about such things.**



Overcoming Temptation

1. Refuse to be DEMORALIZED
2. Recognize your PATTERN of Temptations
3. REQUEST God's Help
4. REFOCUS Your Attention
5. **REVEAL** Your Struggle to a Godly Friend



Overcoming Temptation

- If you are **LOSING** the battle against Temptation...
- You will **NOT** get better on your own!

James 5:16 (Message)

- 16) Make this your common practice: Confess your sins to each other and **pray for each other** so that you can live together whole and healed. The prayer of a person living right with God is something powerful to be reckoned with.



Overcoming Temptation

- Get **AGGRESSIVE** in your battle against temptation and sin
- Use the Word of God as your **WEAPON**
- Memorize Bible verses, so you won't be shooting blanks at the time of the battle



Overcoming Temptation

1. Refuse to be **DEMORALIZED**
 2. Recognize your **PATTERN** of Temptations
 3. **REQUEST** God's Help
 4. **REFOCUS** Your Attention
 5. **REVEAL** Your Struggle to a Godly Friend
 6. **FIGHT** The Temptation!
 7. Realize Your **VULNERABILITY**
- Develop a **HEALTHY APPRECIATION** of your own wickedness



Transformed by Trouble

- God allows **TROUBLES** and **TEMPTATIONS** into our lives **NOT** because He wants to **PUNISH** us...
- But, because He wants to **CHANGE** us into **BETTER SERVANTS**
- God wants to **TRANSFORM** us into **DISCIPLES** of Christ

