

Facing Our Struggles Sunday a.m. 1/07/18

Romans 7:18 (NKJV)

- ❖ We do not have the ability to live the Christian life
- ❖ There is nothing in us that helps us live a godly life

✪ **More information, working harder or following the rules will not help us live the Christian life**

- ❖ Paul said that we are wretched

Romans 7:24

wretched – afflicted, distressed, miserable

- ❖ We become worn out by trying harder and living by rules

Oswald Chambers says that we cannot have “an obstinate determination to serve Him in our own way, not His”

✪ **Our problem is in the heart**

Psalm 51:10 (NKJV)

Create in me a clean heart, O God and renew a steadfast Spirit within me.

- ❖ The struggles we face are internal, a matter of the heart

■ **Discouragement**

- ❖ Elijah was discouraged after the defeat of Baal’s prophets on Mt. Carmel
- ❖ He ran away from Jezebel, the wife of King Ahab
- ❖ Elijah felt abandoned, “I alone am left” **(1 Kings 19:14)**

✪ **Discouragement can happen to anyone**

- **Paul warns that we will grow weary**

Galatians 6:9 (NKJV)

And let us not grow weary while doing good, for in due season we shall reap if we do not lose heart.

- **We may be discouraged because we do not see results**

1 Corinthians 15:58 (NKJV)

Therefore, my beloved brethren, be steadfast, immovable, always abounding in the work of the Lord, knowing that your labor is not in vain in the Lord.

- **Peter understood discouragement because he denied Jesus**

1 Peter 5:8, 10 (NKJV)

⁸ Be sober, be vigilant; because your adversary the devil walks about like a roaring lion, seeking whom he may devour ¹⁰ But may the God of all grace, who called us to His eternal glory by Christ Jesus, after you have suffered a while, perfect, establish, strengthen, and settle you.

- **Depression can be a result of the difficulties of life**

2 Corinthians 1:8 (NKJV)

For we do not want you to be ignorant, brethren, of our trouble which came to us in Asia: that we were burdened beyond measure, above strength, so that we despaired even of life.

- ❖ Paul spoke of “daily pressure on me of my anxiety for all the churches”

- **Depression can be used by God**

✚ Charles Spurgeon suffered depression most of his ministry as a result

“Glory be to God for the furnace, the hammer and the file. Heaven shall be all the fuller of bliss because we have been filled with anguish here below; and earth shall be better tilled because of our training in the school of adversity.”

“This depression comes over me whenever the Lord is preparing a larger blessing for my ministry.”

■ Accusations

- ❖ Eliphaz said Job's suffering was because he was a sinner
- ❖ He falsely accused Job of denying water and food to the poor and help to widows and fatherless
- ⊛ **We know Job was not guilty of these things, but when you are accused, you examine your life very closely**

Chuck Swindoll says that you "mentally rehearse the history of your life, revisiting all the dark corners."

Proverbs 15:4 (NKJV)

A wholesome tongue is a tree of life, but perverseness in it breaks the spirit.

James 3:5 (NKJV)

Even so the tongue is a little member and boasts great things. See how great a forest a little fire kindles!

- ⊛ **Accusations, criticism leads to weariness, which can lead to loss of hope, motivation, encouragement**

■ Failure

- ⊛ **Thomas Edison had over 6,000 failure before he found the right filament for an incandescent bulb**

Thomas Edison

"Many of life's failures are people who did not realize how close they were to success when they gave up."

"I have not failed. I've just found ten thousand ways that won't work."

- **Failure can be a result of comparison to others**

1 Corinthians 12:20-22 (NKJV)

²⁰ But now indeed there are many members, yet one body. ²¹ And the eye cannot say to the hand, "I have no need of you"; nor again the head to the feet, "I have no need of you." ²² No, much rather, those members of the body which seem to be weaker are necessary.

- **Failure can be a result of unrealistic expectations**

- ❖ We may have unrealistic expectations, unobtainable goals
- ❖ Failure will definitely happen

- **Discontentment**

- ❖ Some people are never content, never have enough, never the right car

Philippians 4:11-12 (NKJV)

¹¹ Not that I speak in regard to need, for I have learned in whatever state I am, to be content: ¹² I know how to be abased, and I know how to abound. Everywhere and in all things I have learned both to be full and to be hungry, both to abound and to suffer need.

- ❖ Paul told Timothy that if you have “food and clothing, be content.

Charles Spurgeon

“Be content to be nothing, for that is what you are. When your own emptiness is painfully forced upon your consciousness, chide yourself that you ever dreamed of being full, except in the Lord.”

✪ **Through discouragement, accusations, failures and discontentment we can help others**

Close

- ✚ God has brought us through the difficulties of life to bind up the brokenhearted
- ✚ We defeat the greatest enemy we have, self, when we allow God to take us through the difficulties, the struggles of life
- ✚ Struggles purify us, make us stronger, mature

Matthew 11:28–30

²⁸ Come to Me, all *you* who labor and are heavy laden, and I will give you rest. ²⁹ Take My yoke upon you and learn from Me, for I am gentle and lowly in heart, and you will find rest for your souls. ³⁰ For My yoke *is* easy and My burden is light.”