



## Overcoming Life's Challenges (Part 1) Sunday July 09, 2006

### *Life's Myriad Challenges*

- Disappointments
- Bad Marriages
- Failure
- Children
- Workplace Conflicts
- Financial Problems
- Waiting + Discouragement
- New Assignments + Fear
- Etc.

### *We will face challenges*

John 16:33

Peace Gr. = peace (literal or figurative), prosperity, quietness, rest, to be at one.

Tribulation Gr. = pressure, affliction, anguish, burden, persecution, tribulation, trouble.

John 16:33 (Amplified Bible)

I have told you these things, so that in Me you may have [perfect] peace and confidence. In the world you have tribulation and trials and distress and frustration; but be of good cheer [take courage; be confident, certain, undaunted]! For I have overcome the world. [I have deprived it of power to harm you and have conquered it for you.]

### *Challenges come to every body*

1 Corinthians 10:13

Everyone has hurdles to clear.

Temptation Gr. = a putting to proof (by experiment [of good], experience [of evil], solicitation, discipline or provocation)

Challenges can either make you or break you. They can either paralyze you and pin you down or serve to perfect you and propel you into the plans and purposes of God. How you react to the challenges you face will determine the outcome.

Challenges make life interesting. Overcoming them makes life meaningful.

Challenges help us discover things about ourselves that we really never knew.

Challenges help us grow. They stretch us beyond what we are accustomed to.

Great people are simply ordinary folk who have faced adversity and triumphed.

Without accepting a challenge and determining to conquer it, you will never experience the thrill of victory.

Cowards hide from challenges. They try every means to avoid facing the challenge.

- Sometimes we pretend that the challenge does not exist.



- Sometimes we pretend that the challenge will go away by itself.
- Sometimes we hide behind other non-essential or secondary activity, instead of facing up to the challenge of our primary responsibility.

Determine to face up with life's challenges and use every challenge to move forward in the plan and purpose of God.

### *You can overcome*

1 Corinthians 10:13

To overcome a challenge is not necessarily to reverse the situation. Rather it is to triumph over the devastation that could have potentially taken place.

I want to share with you 4 practical things that we can do to overcome life's challenges:

#### #1 : Guard Your heart

Proverbs 4:20-23

Don't let fear get a hold of you.

Don't let anger, bitterness, unforgiveness, etc. get a hold of you.

Parents – guard your heart towards your kids and do not become resentful towards them.

Young people – guard your heart towards your parents and do not allow hatred or anger towards them to dwell in you.

Your attitude in difficult situations matters.

Your attitude is your choice.

Focus on remedies, not faults.

During migration, both the hummingbird and the vulture fly over our desert regions. All vultures see is rotting meat, because that is what they look for. They thrive on that diet. But hummingbirds ignore the smelly flesh of dead animals. Instead, they look for the colorful blossoms of desert plants. The vultures live on what was. They live on the past. They fill themselves with what is dead and gone. But hummingbirds live on what is. They seek new life. They fill themselves with freshness and life. Each bird finds what it is looking for. We all do. [adapted from Reader's Digest, May, 1990, Steve Goodier.]

How do I guard my heart?

By keeping God's Word in my heart and keeping my eyes on His Word.

In prayer I recognize and release any negative heart attitude.

#### #2 : Overcome evil with good

Romans 12:19-21

We overcome evil with good.

We overcome unrighteousness with righteousness.

You chose to extend forgiveness even when you have been offended.

You choose to yield even when you don't have to.



You chose to love even when you have been hurt.

(to be continued)



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