

Don't Waste the Pain of Your Trials Pt.3

May 24, 2015 AM

James 1:2-4

- 2 My brethren, count it all joy when ye fall into divers temptations;
- 3 Knowing this, that the trying of your faith worketh patience.
- 4 But **LET PATIENCE HAVE HER PERFECT WORK, THAT YE MAY BE PERFECT AND ENTIRE, WANTING NOTHING.**

THE PERFECT WORK OF PATIENCE

- *provides you with spiritual skills and life experience that make you successful in your pursuit of God*

Hebrews 5:14

"But strong meat belongeth to them that are of **FULL AGE** (*mature, complete, adult, perfect*), **EVEN THOSE WHO BY REASON OF USE** (*practice, habit*) **HAVE THEIR SENSES EXERCISED** (*to train, discipline*) **TO DISCERN** (*to distinguish*) **BOTH GOOD AND EVIL.**"

Hebrews 12:10-11

- 10 For they verily for a few days chastened us after their own pleasure; **BUT HE FOR OUR PROFIT, THAT WE MIGHT BE PARTAKERS OF HIS HOLINESS.**
- 11 Now no chastening for the present seemeth to be joyous, but grievous: nevertheless afterward **IT YIELDETH THE PEACEABLE FRUIT OF RIGHTEOUSNESS UNTO THEM WHICH ARE EXERCISED THEREBY.**

TRIALS BRING US TO POINTS OF CRISIS, MOMENTS OF DECISION WHICH DEFINE US FOR THE REST OF OUR LIVES

- *pain strips away the false veneer of the vanity and foolishness of this world*
- *pain moves us to life-defining, eternal decisions*

Psalms 119:67 "BEFORE I WAS AFFLICTED I WENT ASTRAY: BUT NOW HAVE I KEPT THY WORD."

LEARNING I AM NOT EXEMPT NOR ENTITLED

Mark 4:16-17

16 And these are they likewise which are sown on stony ground; who, when they have heard the word, immediately receive it with gladness;

17 And have no root in themselves, and so endure but for a time: afterward, **WHEN AFFLICTION OR PERSECUTION ARISETH FOR THE WORD'S SAKE, IMMEDIATELY THEY ARE OFFENDED.**

MANAGING YOUR MIND & THOUGHTS

learning to trust when you're confused and bewildered -- the spiritual ability to turn off the brain, stop asking why and focus exclusively on God (your brain will only create more fear, more confusion, driving you to insanity)

The mind is the gatekeeper to the spirit, soul and body. Your entire spirit, soul and body can become sick, oppressed and enslaved if the gatekeeper doesn't keep out what needs to be kept out and seek what needs to abide within.

Matthew 6:22–23

22 The light of the body is the eye: IF THEREFORE THINE EYE BE SINGLE, **THY WHOLE BODY SHALL BE FULL OF LIGHT.**

23 BUT IF THINE EYE BE EVIL, **THY WHOLE BODY SHALL BE FULL OF DARKNESS.** If therefore the light that is in thee be darkness, how great is that darkness!

1 Peter 1:13

"WHEREFORE **GIRD UP** (be prepared) **THE LOINS OF YOUR MIND, BE SOBER, AND HOPE TO THE END** for the grace that is to be brought unto you at the revelation of Jesus Christ."

MANAGING YOUR EMOTIONS – *learning how to find peace in God in trials*

During a crisis or trial, emotions can torment and drive you to depression and despair, bitterness and anger, confusion and insanity, murder and suicide; learning to manage your emotions in the peace of God is vital.

(1) HOW DO WE FIND PEACE IN GOD AND THE EMOTIONAL STABILITY THAT IS NOT TOSSED TO AND FRO BY EVERY WIND OF EMOTION AND CIRCUMSTANCE?

Every one of us carry emotional baggage from the past - wounds and scars which alter and deform our personality and conduct with insecurities, doubts, fears, coping mechanisms, defensive behaviors and responses erected to keep others at a "safe" distance.

(2) HOW DO WE FIND EMOTIONAL HEALING FOR PAST WOUNDS?

Genesis 3:8–10

8 And they heard the voice of the LORD God walking in the garden in the cool of the day: and Adam and his wife **HID THEMSELVES FROM THE PRESENCE OF THE LORD GOD** amongst the trees of the garden.

9 And the LORD God called unto Adam, and said unto him, Where art thou?

10 And he said, **I HEARD THY VOICE IN THE GARDEN, AND I WAS AFRAID, BECAUSE I WAS NAKED; AND I HID MYSELF.**

Separation from God, and the consequences of sin, are the cause for all insanity, all emotional and mental breakdowns, all emotional and mental illness.

Psalm 32:1–7

1 Blessed is he whose transgression is forgiven, whose sin is covered.

2 Blessed is the man unto whom the LORD imputeth not iniquity, And in whose spirit there is no guile.

3 **WHEN I KEPT SILENCE, MY BONES WAXED OLD THROUGH MY ROARING ALL THE DAY LONG.**

4 **FOR DAY AND NIGHT THY HAND WAS HEAVY UPON ME: MY MOISTURE IS TURNED INTO THE DROUGHT OF SUMMER.** Selah.

5 **I ACKNOWLEDGED MY SIN UNTO THEE, AND MINE INIQUITY HAVE I NOT HID. I SAID, I WILL CONFESS MY TRANSGRESSIONS UNTO THE LORD; AND THOU FORGAVEST THE INIQUITY OF MY SIN.** Selah.

6 For this shall every one that is godly pray unto thee in a time when thou mayest be found: **SURELY IN THE FLOODS OF GREAT WATERS THEY SHALL NOT COME NIGH UNTO HIM.**

7 **THOU ART MY HIDING PLACE; THOU SHALT PRESERVE ME FROM TROUBLE; THOU SHALT COMPASS ME ABOUT WITH SONGS OF DELIVERANCE.** Selah.

Psalm 43:4–5

2 **FOR THOU ART THE GOD OF MY STRENGTH: WHY DOST THOU CAST ME OFF? WHY GO I MOURNING BECAUSE OF THE OPPRESSION OF THE ENEMY?**

3 O send out thy light and thy truth: let them lead me; **LET THEM BRING ME UNTO THY HOLY HILL, AND TO THY TABERNACLES.**

4 **THEN WILL I GO UNTO THE ALTAR OF GOD, UNTO GOD MY EXCEEDING JOY:** Yea, upon the harp will I praise thee, O God my God.

5 **WHY ART THOU CAST DOWN, O MY SOUL? AND WHY ART THOU DISQUIETED WITHIN ME? HOPE IN GOD: FOR I SHALL YET PRAISE HIM, WHO IS THE HEALTH OF MY COUNTENANCE, AND MY GOD.**

Psalm 16:8

"I HAVE SET THE LORD ALWAYS BEFORE ME: BECAUSE HE IS AT MY RIGHT HAND, I SHALL NOT BE MOVED." (ESV "...I shall not be shaken.")

Psalm 16:11

"Thou wilt shew me the path of life: **IN THY PRESENCE IS FULNESS OF JOY;** At thy right hand there are pleasures for evermore."

Psalm 42:5

"Why art thou cast down, O my soul? and why art thou disquieted in me? **HOPE THOU IN GOD: FOR I SHALL YET PRAISE HIM FOR THE HELP** (*yeshua - salvation, deliverance, victory, health, prosperity*) **OF HIS COUNTENANCE.**"

1 John 4:16–18

16 **AND WE HAVE KNOWN AND BELIEVED THE LOVE THAT GOD HATH TO US.** God is love; and he that dwelleth in love dwelleth in God, and God in him.

17 **HEREIN IS OUR LOVE MADE PERFECT, THAT WE MAY HAVE BOLDNESS IN THE DAY OF JUDGMENT:** because as he is, so are we in this world.

18 **THERE IS NO FEAR IN LOVE; BUT PERFECT LOVE CASTETH OUT FEAR: BECAUSE FEAR HATH TORMENT.** HE THAT FEARETH IS NOT MADE PERFECT IN LOVE.

Hebrews 4:15–16

15 For we have not an high priest which cannot be touched with the feeling of our infirmities; but was in all points tempted like as we are, yet without sin.

16 **LET US THEREFORE COME BOLDLY UNTO THE THRONE OF GRACE, THAT WE MAY OBTAIN MERCY, AND FIND GRACE TO HELP IN TIME OF NEED.**

2 Corinthians 1:3–7

3 Blessed be God, even the Father of our Lord Jesus Christ, **THE FATHER OF MERCIES** (*compassion, pity*), and **THE GOD OF ALL COMFORT** (*paraklesis - a calling to one's aid, encouragement, comfort*);

4 **WHO COMFORTETH** (*parakaleo - by the side of, to call, invite, summon*) **US IN ALL OUR TRIBULATION**, that we may be able to comfort them which are in any trouble, by the comfort wherewith we ourselves are comforted of God.

2 Corinthians 7:6

“Nevertheless God, **THAT COMFORTETH THOSE THAT ARE CAST DOWN**, comforted us by the coming of Titus;”

John 14:16–18

16 And I will pray the Father, and **HE SHALL GIVE YOU ANOTHER COMFORTER** (*parakletos - called to one's aid, Helper, Counselor, Encourager*), **THAT HE MAY ABIDE WITH YOU FOR EVER;**

17 Even the Spirit of truth; whom the world cannot receive, because it seeth him not, neither knoweth him: but ye know him; **FOR HE DWELLETH WITH YOU, AND SHALL BE IN YOU.**

18 **I WILL NOT LEAVE YOU COMFORTLESS: I WILL COME TO YOU.**

Psalms 27:1–6

1 The LORD is my light and my salvation; whom shall I fear? The LORD is the strength of my life; of whom shall I be afraid?

2 When the wicked, even mine enemies and my foes, came upon me to eat up my flesh, They stumbled and fell.

3 **THOUGH AN HOST SHOULD ENCAMP AGAINST ME, MY HEART SHALL NOT FEAR: THOUGH WAR SHOULD RISE AGAINST ME, IN THIS WILL I BE CONFIDENT.**

4 **ONE THING HAVE I DESIRED OF THE LORD, THAT WILL I SEEK AFTER; THAT I MAY DWELL IN THE HOUSE OF THE LORD ALL THE DAYS OF MY LIFE, TO BEHOLD THE BEAUTY OF THE LORD, AND TO INQUIRE IN HIS TEMPLE.**

5 **FOR IN THE TIME OF TROUBLE HE SHALL HIDE ME IN HIS PAVILION: IN THE SECRET OF HIS TABERNACLE SHALL HE HIDE ME; HE SHALL SET ME UP UPON A ROCK.**

6 And now shall mine head be lifted up above mine enemies round about me: Therefore will I offer in his tabernacle sacrifices of joy; I will sing, yea, I will sing praises unto the LORD.