

## Don't Waste the Pain of Your Trials Pt. 4

May 31, 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*

Psalm 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*

**Psalms 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.**"

### **LEARNING TO LIVE BY GOD'S STRENGTH**

*the only way to learn how to live by God's strength is to be pressed far beyond your own strength in trials - the pain and the exhaustion of the trial forces us to reach for supernatural strength from God*

**1 Chronicles 16:11** "SEEK THE LORD AND HIS STRENGTH, SEEK HIS FACE CONTINUALLY."

**2 Samuel 22:30-35** (song of deliverance by David)

**30** FOR BY THEE I HAVE RUN THROUGH A TROOP: BY MY GOD HAVE I LEAPED OVER A WALL.

**31** As for God, his way is perfect; the word of the LORD is tried: he is a buckler to all them that trust in him.

**32** For who is God, save the LORD? and who is a rock, save our God?

**33** GOD IS MY STRENGTH AND POWER: and he maketh my way perfect.

**34** HE MAKETH MY FEET LIKE HINDS' FEET: and setteth me upon my high places.

**35** HE TEACHETH MY HANDS TO WAR; SO THAT A BOW OF STEEL IS BROKEN BY MINE ARMS.

**1 Kings 19:5-8** (Elijah fleeing from Jezebel)

**5** And as he lay and slept under a juniper tree, behold, then an angel touched him, and said unto him, Arise and eat.

**6** And he looked, and, behold, **THERE WAS A CAKE BAKEN ON THE COALS, AND A CRUSE OF WATER AT HIS HEAD.** And he did eat and drink, and laid him down again.

**7** And the angel of the LORD came again the second time, and touched him, and said, **ARISE AND EAT;**

**BECAUSE THE JOURNEY IS TOO GREAT FOR THEE.**

**8 AND HE AROSE, AND DID EAT AND DRINK, AND WENT IN THE STRENGTH OF THAT MEAT FORTY DAYS AND FORTY NIGHTS UNTO HOREB THE MOUNT OF GOD.**

**Isaiah 40:29–31**

**29 HE GIVETH POWER TO THE FAINT; AND TO THEM THAT HAVE NO MIGHT HE INCREASETH STRENGTH.**

**30 EVEN THE YOUTHS SHALL FAINT AND BE WEARY, AND THE YOUNG MEN SHALL UTTERLY FALL:**

**31 BUT THEY THAT WAIT UPON THE LORD SHALL RENEW THEIR STRENGTH; THEY SHALL MOUNT UP WITH WINGS AS EAGLES; THEY SHALL RUN, AND NOT BE WEARY; AND THEY SHALL WALK, AND NOT FAINT.**

- ***Exercise the inward discipline of living by God's presence and flow of life.***

Galatians 2:20 *"...nevertheless I live; yet not I, but Christ liveth in me..."*

- ***Do only what God is doing - we often create or contribute to our own exhaustion.***

John 5:19 *"...The Son can do nothing of himself, but what he seeth the Father do..."*

- ***Eliminate fearful activity - surrender the control to Father.***

1 Samuel 15:24

*"And Saul said unto Samuel, I have sinned: for I have transgressed the commandment of the LORD, and thy words: because I feared the people, and obeyed their voice."*

- ***Eliminate the restless, self-imposed activity of discontentment - be satisfied in God.***

Ecclesiastes 2:11

*"Then I looked on all the works that my hands had wrought, and on the labour that I had laboured to do: and, behold, all was vanity and vexation of spirit, and there was no profit under the sun."*

**Romans 8:11**

**"But if the Spirit of him that raised up Jesus from the dead dwell in you, HE THAT RAISED UP CHRIST FROM THE DEAD SHALL ALSO QUICKEN YOUR MORTAL BODIES BY HIS SPIRIT THAT DWELLETH IN YOU."**

**2 Corinthians 11:24-28**

24 Of the Jews five times received I forty stripes save one.

25 Thrice was I beaten with rods, once was I stoned, thrice I suffered shipwreck, a night and a day I have been in the deep;

26 In journeyings often, in perils of waters, in perils of robbers, in perils by mine own countrymen, in perils by the heathen, in perils in the city, in perils in the wilderness, in perils in the sea, in perils among false brethren;

27 In weariness and painfulness, in watchings often, in hunger and thirst, in fastings often, in cold and nakedness.

28 Beside those things that are without, that which cometh upon me daily, the care of all the churches.

**2 Corinthians 4:7–11**

7 **BUT WE HAVE THIS TREASURE IN EARTHEN VESSELS, THAT THE EXCELLENCY OF THE POWER MAY BE OF GOD, AND NOT OF US.**

8 We are troubled on every side, yet not distressed; we are perplexed, but not in despair;

9 Persecuted, but not forsaken; cast down, but not destroyed;

10 **ALWAYS BEARING ABOUT IN THE BODY THE DYING OF THE LORD JESUS, THAT THE LIFE ALSO OF JESUS MIGHT BE MADE MANIFEST IN OUR BODY.**

11 **FOR WE WHICH LIVE ARE ALWAY DELIVERED UNTO DEATH FOR JESUS' SAKE, THAT THE LIFE ALSO OF JESUS MIGHT BE MADE MANIFEST IN OUR MORTAL FLESH.**

**Acts 14:19–22**

19 And there came thither certain Jews from Antioch and Iconium, who persuaded the people, and, **HAVING STONED PAUL, DREW HIM OUT OF THE CITY, SUPPOSING HE HAD BEEN DEAD.**

20 **HOWBEIT, AS THE DISCIPLES STOOD ROUND ABOUT HIM, HE ROSE UP, AND CAME INTO THE CITY: AND THE NEXT DAY HE DEPARTED WITH BARNABAS TO DERBE.**

21 And when they had preached the gospel to that city, and had taught many, they returned again to Lystra, and to Iconium, and Antioch,

22 **CONFIRMING THE SOULS OF THE DISCIPLES, and EXHORTING THEM TO CONTINUE IN THE FAITH, and that **WE MUST THROUGH MUCH TRIBULATION ENTER INTO THE KINGDOM OF GOD.****

**Luke 22:41–44**

41 And he was withdrawn from them about a stone's cast, and kneeled down, and prayed,

42 Saying, Father, if thou be willing, remove this cup from me: nevertheless not my will, but thine, be done.

43 **AND THERE APPEARED AN ANGEL UNTO HIM FROM HEAVEN, STRENGTHENING HIM.**

44 And being in an agony he prayed more earnestly: and his sweat was as it were great drops of blood falling down to the ground.

**2 Corinthians 12:9–10**

9 And he said unto me, My grace is sufficient for thee: for **MY STRENGTH IS MADE PERFECT IN WEAKNESS.**

Most gladly therefore will I rather glory in my infirmities, **THAT THE POWER OF CHRIST MAY REST UPON ME.**

10 Therefore I take pleasure in infirmities, in reproaches, in necessities, in persecutions, in distresses for Christ's sake: **FOR WHEN I AM WEAK, THEN AM I STRONG.**