

GOD'S SOVEREIGN PURPOSES FOR TRIALS & STRESS

The more you understand & submit to God's good purposes in lifes difficulties & suffering, the sooner you'll endure victoriously. The focus & choice are up to you. So always begin by asking "Lord what do you to teach me in all this?"

1. Lifes circumstances are in God's control, not mine, & He knows what He is doing (Rom.8:28-29; Jer.29:11-13; Isa.46:9-11).
2. I must relinquish my control & submit to His purposes & will (Lk.22:42).
3. I must trust in the Lord & acknowledge Him by faithfully fulfilling my priority responsibilities in obedience to the word (Prov.3:5-6; Js.1:22-25, 4:17; 1Pet.4:19).

SOME SPECIFIC ANSWERS TO "WHY"?

1. To humble you (Deut.8:2-6).
2. To see whether you will obey God (Deut.8:2-6).
3. To test your faith (Js.1:2-4). Are you really a christian (2Pet.1:10; 2Cor.13:5)?
4. To mature you spiritually (Js.1:2-4).
5. To test your responses (Mt.4; Mk.4:17).
6. To expose your heart attitudes (Ps.17:1-5; Job2:9; Deut.8:2-6).
7. To provide opportunity for rewards (Js.1:12; Rev.2:10).
8. To develope patience, steadfastness & endurance (Js.1:2-4; Rom.5:1-5).
9. To learn to ask for wisdom (Js.1:5).
10. To learn obedience to the will of God (Heb.5:8).
11. To deeper out trust & dependence on the Lord, not ourselves (2Cor.1:8-9; Job13:15).
12. To experience a personal relationship with God (Psalms; Hos.5:15).
13. To draw you back to the Lord (Ps.119:67) repentance (Ps.32; 2Cor.7:5-11).
14. To search & examine your life (1Cor.11:28-30; 2Cor.13:5).
15. To broaden your perspective on God, self, life, problems, circumstances, relationships, time ...
16. To teach contentment (Phil.4:11-13).
17. To experience joy in Gods presence inspite of circumstances (Philippians; Ps.16:11).
18. To learn to depend on His strength & power (Phil.4:13).
19. To give you opportunity to witness (1Pet.3:15; Phil.1:12).
20. To Glorify God (1Cor.10:31; Phil.1:29).
21. To still give thanks in all things (1Thes.5:18).
22. To praise the Lord anyway (Acts 16:22-25).
23. To get you to pull away for awhile from the business of life (Mark 6:31).
24. To manifest the fruit of the Spirit (Gal.5:22-23; 2Cor.4:11).
25. To prove the genuiness of your faith (1Pet.1:6-8).
26. To demonstrate the power of God in our lives (2Cor.11:24-33, 12:7-10).
27. To show His grace to be sufficient (2Cor.12:7-10).
28. To enable us to know Gods comfort & help (2Cor.1:3-24).
29. To equip us to help & comfort others (2Cor.1:3-24).
30. To bring special healing into our lives (Jn.9:1-7).
31. To not take _____ for granted (Lk.17:11-19).

32. To vindicate the character of God before Satan (Job 1:6-12).
33. To vindicate us (Job) before Satan (Job 1:6-12).
34. To show the angelic realm the outworking of our salvation (1Pet.1:10-12).
35. To instruct believers in the holiness & sovereignty of God's character (Job 42:5-6).
36. To rebuke us of pride & other spiritual deficiencies & cowardess (2Cor. 3:5).
37. To focus on strengthening the inner man (2Cor.4:16).
38. To look at what's eternal rather than temporal (2Cor.4:17-18).
39. To get our attention & allow God to speak to us.
40. To make us teachable & open to God using others to minister to us (1Cor.12).
41. To conform us to the image of Jesus Christ (Rom.8:28-29).
42. To bring us to holiness (1Pet.1:15) glorious transformation (2Cor.3:18).
43. To see Him work it all out for good (Rom.8:28).
44. To experience personally Gods working in your life (Phil.1:6, 2:13; 1Thes.5:24).
45. To accept Gods sovereignty & purposes for your life (Jonah).
46. To develope your devotional life - the time you spend in the word & prayer directly effect your ability to endure victoriously & Gods' supernatural provision in your life (see Ps. 91 - memorize this!).
47. To produce humility (2Cor.12:7-10; 2Chron.33:12; 1Pet.5:6-7).
48. To purify your life (refine) (Isa.48:10; Heb.2:10; Ps.66:8-10).
49. To move through the struggles with renewed perspective (Ps.77).
50. To know experientially the life of Christ in & through us (2Cor.4:7-11).
51. To know experientially His faithfulness (Lam.3:22-23; Ps.34:19-20).
52. To wait on the Lord & hope only in Him (Lam.3:24-25; 1Pet.1:6,13).
53. To experience God personally (Psalms; Phil.3:10).
54. To find Gods promises to be faithful (1Cor.10:13; Rom.4:21).
55. To discipline & correct you as Gods' child (Heb.12:1-15; Ps.107:17; Isa.24:5-6; Job 5:17).
56. To find your sufficiency in God (2Cor.3:5).
57. To give special meaning & reality to spiritual knowledge (Ps.119:67,71) to get the truth of Gods word off the pages & into your life!
58. To get you praying for others (Job 42:10; Js.5:13,16; 1Pet.2:9; 1Tim. 2:1-2).
59. To provide you with a special purpose & life message (Job; Js.5:10-11; Eph.2:10).
60. To help you make the most of your time (Eph.5:16; Ps.39:4, 90:12, 103:14-16).
61. To teach you how to live & maybe even die for the Lord (Ps.119:71; Isa.26:9; Rom.14:7-8).
62. To reveal special purposes for you & your family & even your church.
63. To give others in the body of Christ an opportunity to minister (2Cor. 1:11).
64. To show us the vulnerability of our present state & need of redemption (2Cor.5:15; Phil.3:21).
65. To bear fruit - spiritual results & evidences of the word producing something in your life (Jn.15; 2Cor.4:11).
66. To focus on eternal truths & the things above (2Cor.4:16-18; Col.3:1-2; Mt.6:33).
67. To appropriate Gods wisdom in your life & skillfully apply it to your circumstances & relationships (Js.1:5; Ps.119).
68. To start singing praises to God (against your feelings of course). God's given us music so we can channel ourselves emotionally & involve our whole being in worshipping God (Eph.5:19; Ps.145-150; Acts 16:25!).

69. To teach us to no longer live for ourselves (Phil.2; Rom.14:7-8).
70. To walk by faith & not by sight (2Cor.5:7).
71. To make us reflect on the real true meaning of life (Psalms).
72. To maybe even bring about your death (Heb.9:27), which is the necessary doorway to heaven (Phil.3:10, 2:1-11). Only "in Christ" can you defeat death (1Cor.15:54-57).
73. To produce discernment & knowledge & teach us Gods truths (Ps.119:66-71).
74. To bring us to brokenness & a contrite heart before God (Ps.51:16-17, 32).
75. To help us come forth as gold (Job 23:10).
76. To understand more fully we're in a fallen, imperfect, sinful world (Rom.8:18-25) (therefore, expect stress, struggle, sickness, suffering ...just respond right (Js.4:5-10)).
77. To accept "it" without questioning God or getting angry at Him or blaming Him...God never told Job "why" (Job 38-41).
78. To learn to trust God no matter what (Job 13:14-15)! Regardless of the circumstances, feelings, hurt...(Hab.3:17-19).
79. To realize we are citizens of heaven (Phil.3:20-21) not earth!
80. To start longing for the joys of heaven (Rev.21-22; Isa.65:17-25) & our glorified body (1Jn.2:3; Rom.8:18-25; 1Cor.15:42-52).
81. To prepare us for what's ahead.
82. To set us up to want to know "GODS ANSWERS TO LIFE". (a book of Bible references arranged in topical order).

THINGS DON'T JUST HAPPEN

Things don't just happen to us who love God;
 They're planned by His own dear hand.
 Then moulded and shaped, and timed by His clock.
 Things don't just happen; they're planned.

We don't just guess on the issues of life,
 We Christians just rest in our Lord.
 We are directed by His sovereign will
 In the light of His holy word.

We who love Jesus are walking by faith,
 Not seeing one step that's ahead,
 Not doubting one moment what our lot might be,
 But looking to Jesus instead.

We praise our dear Saviour for loving us so,
 For planning each care of our life,
 Then giving us faith to trust Him for all,
 The blessings as well as the strife.

THEY'RE
 PLANNED !

Things don't just happen to us who love God,
 To us who have taken our stand.
 No matter the lot, the course, or the price,
 Things don't just happen; they're planned.

—Esther L. Fields

TRIALS & STRESS

GETTING THINGS INTO PERSPECTIVE

(Clarifying Your Thoughts by Sorting it all Out)

Make these distinctions & write them out.

What's in my control?

What's my responsibility?

What can I do about _____?

What's out of my control?

What's God's responsibility?

What must I entrust to God's Sovereign control?

What does God tell me to do about _____?

How must I obey God in this situation?

What must I learn to accept?

What must I trust God about?

Let God handle _____.

- in His way.
- in His will.
- according to His Sovereign purpose(s).
- in His timing.

1. You must deliberately see everything that happens to you within the frame work of the sovereignty of God. (Rom. 8:28-29; Dan.4:35; Eph.1:11; Gen.45:5; 50:20; Isa.46:9-11; Ps.103:19; 115:3; Prov.16:4)
2. You must learn to give thanks. (1Thes. 5:18)
3. You must reflect on God's good purposes in trials. (Jer. 29:11-12; Js.1:2-12; 1Pet.1:6-7; Ps.119:67,71; 2Cor.1:3-6)
4. You must discover what God wants you to do & do it. (2 Pet.1:3; 2Tim.3:14-17; Js.1:22-25; Col.3:23)