

Introduction: You think you've got it bad?

- Read Hebrews 10:32-35 . . .
- Listen to God's instruction to this faltering group of Christians:

*For you have **need of endurance** so that when you have done the will of God, you may receive what was promised.*

Hebrews 10:36 (NASB)

*Therefore, since we are surrounded by such a great cloud of witnesses, let us throw off everything that hinders and the sin that so easily entangles. And **let us run with perseverance** the race marked out for us.*

Hebrews 12:1 (NIV)

Don't give up! Don't give in! Don't opt out!

Why? You will receive an unspeakable reward (now & later)

In 3 words: _____ !

No Matter What!

How can I “Keep Pressing Ahead” in MY impossible situation?

Step #1 – Understand the basics

- You _____; but Christ can. Philippians 4:13
- _____ God wants to help you. Psalm 34:19
- _____ you need His help. Psalm 34:18
- _____ out for His help. Psalm 34:17

Step #2 – Stop believing the lies about adversity

- It's normal. John 16:33, 2 Timothy 3:12
- It's expected. 1 Peter 4:12
- It's purposeful. Romans 5:1-5
- It's powerful. 1 Peter 5:10
- It's temporary. 2 Corinthians 4:16-18

Adversity is an uninvited, unwanted friend in the hands of an all knowing God whose purpose is to wean us of our self-dependency and pride, usher us into deeper intimacy with Jesus, and redirect our paths to insure our greatest good and His greatest glory.

Resource: The 9 to 5 Window – *How Faith Can Transform the Workplace* by Oz Hillman

Step #3 – Learn to handle adversity like Nehemiah

Our Model - Nehemiah

Chapter	4	5	6	7	8
Cause of Adversity	Obedience	Disobedience	Personal Attack	Circumstances	God's Discipline
N.T. Parallel	1 Peter 4:12-19	Galatians 6:7-8	Ephesians 6:10-12	Luke 13:1-5	Hebrews 12:5-11
Typical Response	Give up	Conform	Fear	Lose Heart	Ignore
Nehemiah's Response	Pray/Prepare	Confront	Fight	Look for Plan B	Submit
God's Deliverance	Enemies Thwarted	Repentance & Unity	Protection	A New Game-plan	Revival
Timeless Truth	"I can do all things through Christ who gives me strength." Philippians 4:13				
Motto	"I can't, He never said I could; He can, He always said He would."				

Step #4 – Discern the source of your adversity

- Physical exhaustion → _____ 1 Kings 19
- Consequence of sin → _____ Galatians 6:7-8
- Spiritual warfare → _____ Ephesians 6:10-12
- God's discipline → _____ Hebrews 12:5-11
- Negative circumstances → _____ James 1:2-4

Application / Discussion Questions:

1. Read Nehemiah chapters 4-8 this week.
2. Identify the most “ad-verse” situation, problem in your life.
3. Attempt to discern the source(s) of your adversity.
4. Identify the Biblical response that ushers in “God’s strength” and grace to your situation. (see chart of page 3)
5. Process your answers/conclusion to assignments with a trusted friend, mentor and/or your small group.
6. Develop and verbalize a specific game-plan to put into action your response of faith and obedience to experience God’s strength and provision in your life.