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

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<td>Motto</td>
<td>“I can’t, He never said I could; He can, He always said He would.”</td>
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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.