### **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

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

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

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

No Matter What!

### How can I "Keep Pressing Ahead" in <u>MY</u> 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
	You:	God wants to help you.

#### Step #2 - Stop believing the lies about adversity

•	lt's <u>normal</u> .	John 16:33, 2 Timothy 3:12
•	It's <u>expected</u> .	1 Peter 4:12
•	lt's <u>purposeful</u> .	Romans 5:1-5
•	lt's <u>powerful</u> .	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.

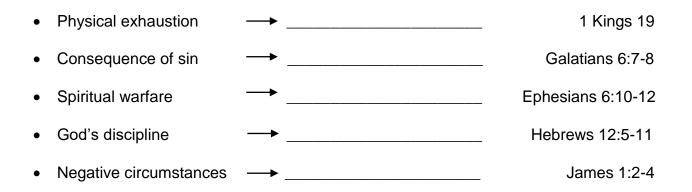
Resource: The 9 to 5 Window - How Faith Can Transform the Workplace by Oz Hillman

#### Step #3 – Learn to handle adversity like Nehemiah

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 "I can't, He never said I could; He can, He always said He would."				
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#### Our Model - Nehemiah

#### Step #4 - Discern the source of your adversity



### **Application / Discussion Questions:**

- 1. Read Nehemiah chapters 4-8 this week.
- 2. <u>Identify</u> the most "ad-verse" situation, problem in your life.
- 3. Attempt to <u>discern</u> the <u>source(s)</u> of your adversity.
- 4. <u>Identify</u> 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 <u>trusted friend</u>, mentor and/or your small group.
- 6. <u>Develop</u> and <u>verbalize</u> a specific game-plan to put into action your response of faith and obedience to experience God's strength and provision in your life.