HOW TO LIVE THROUGH A BAD DAY

Keep your eyes on Jesus, who both began and finished this race we’re in. Study how he did it. Because he never lost sight of where he was headed—that exhilarating finish in and with God—he could put up with anything along the way: cross, shame, whatever. And now he’s there, in the place of honor, right alongside God. (Hebrews 12:2 MSG)

LESSON #3

Jesus said, “My God, my God, why have You forsaken me?”
(Matthew 27:46, Mark 15:34, and Psalm 22:1)

Aim your ________________ at God.

I have told you these things, so that in me you may have peace. In this world you will have trouble. But take heart! I have overcome the world. (John 16:33)

Two Promises

1. The promise of ________________
2. The promise of ________________

WHY DOES LIFE SOMETIMES HURT?

Our ________________

To the woman he said, “I will greatly increase your pains in childbearing ... Your desire will be for your husband and he will rule over you ...” To Adam he said, “… cursed is the ground because of you; through painful toil you will eat of it all the days of your life. It will produce thorns and thistles for you ... By the sweat of your brow you will eat your food until you return to the ground since from it you were taken …”
(Genesis 3:16-19)

The ________________

There will be terrible times in the last days. People will be lovers of themselves, lovers of money, boastful, proud, abusive, disobedient to their parents, ungrateful, unholy, without love, unforgiving, slanderous, without self-control, brutal, not lovers of the good, treacherous, rash, conceited, lovers of pleasure rather than lovers of God – having a form of godliness but denying its power. (2 Timothy 3:1-5)

**WHAT GOOD IS IT?**

Endure hardship as discipline; God is treating you as sons. For what son is not disciplined by his father? If you are not disciplined...then you are illegitimate children and not true sons...Our fathers disciplined us for a little while as they thought best; but God disciplines us for our good, that we may share in his holiness... (Hebrews 12:7-11)

Deepens ________________

In this you greatly rejoice, though now for a little while you may have had to suffer grief in all kinds of trials. These have come so that your faith—of greater worth than gold, which perishes even though refined by fire—may be proved genuine and may result in praise, glory and honor when Jesus Christ is revealed. (1 Peter 1:6-7)

Displays ________________

As he went along he saw a man blind from birth. His disciples asked him, “Rabbi, who sinned, this man or his parents, that he was born blind?”

“Neither this man nor his parents sinned,” said Jesus, “but this happened so that the work of God might be displayed in his life.” (John 9:1-3)

HOW DO YOU FIND PEACE IN THE MIDST OF TROUBLE?

The peace of God is found in ________________

I have told you these things, so that IN ME you may have peace. (John 16:33)

The peace of God is found in ________________

... If your law had not been my delight, I would have perished in my affliction. I will never forget your precepts, for by them you have preserved my life. (Psalms 119:92-93)

The peace of God is found in ________________

Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God. And the PEACE OF GOD, which transcends all understanding, will guard your hearts and your minds in Christ Jesus. (Philippians 4:6-7)

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LESSON #3

Jesus said, “My God, my God, why have You forsaken me?” (Matthew 27:46, Mark 15:34, and Psalm 22:1)

Aim your hard questions at God.
I have told you these things, so that in me you may have peace. In this world you will have trouble. But take heart! I have overcome the world. (John 16:33)

Two Promises

1. The promise of peace
2. The promise of trouble

WHY DOES LIFE SOMETIMES HURT?

✓ Our sin nature
To the woman he said, “I will greatly increase your pains in childbearing ... Your desire will be for your husband and he will rule over you ...” To Adam he said, “… cursed is the ground because of you; through painful toil you will eat of it all the days of your life. It will produce thorns and thistles for you ... By the sweat of your brow you will eat your food until you return to the ground since from it you were taken …” (Genesis 3:16-19)

✓ The choices of others
There will be terrible times in the last days. People will be lovers of themselves, lovers of money, boastful, proud, abusive, disobedient to their parents, ungrateful, unholy, without love, unforgiving, slanderous, without self-control, brutal, not lovers of the good, treacherous, rash, conceited, lovers of pleasure rather than lovers of God – having a form of godliness but denying its power. (2 Timothy 3:1-5)

✓ Our own choices
Do not be deceived. God cannot be mocked. A man reaps what he sows. The one who sows to please his sinful nature, from that nature will reap destruction. The one who sows to please the Spirit, from the Spirit will reap eternal life. (Galatians 6:7-8)

WHAT GOOD IS IT?

✓ Discipline
Endure hardship as discipline; God is treating you as sons. For what son is not disciplined by his father? If you are not disciplined...then you are illegitimate children and not true sons...Our fathers disciplined us for a little while as they thought best; but God disciplines us for our good, that we may share in his holiness… (Hebrews 12:7-11)

✓ Deepens our faith
In this you greatly rejoice, though now for a little while you may have had to suffer grief in all kinds of trials. These have come so that your faith—of greater worth than gold, which perishes even though refined by fire—may be proved genuine and may result in praise, glory and honor when Jesus Christ is revealed. (1 Peter 1:6-7)

✓ Displays God's power
As he went along he saw a man blind from birth. His disciples asked him, “Rabbi, who sinned, this man or his parents, that he was born blind?” “Neither this man nor his parents sinned,” said Jesus, “but this happened so that the work of God might be displayed in his life.” (John 9:1-3)

HOW DO YOU FIND PEACE IN THE MIDST OF TROUBLE?

✓ The peace of God is found in the Son of God.
I have told you these things, so that IN ME you may have peace. (John 16:33)

✓ The peace of God is found in the Word of God.
… If your law had not been my delight, I would have perished in my affliction. I will never forget your precepts, for by them you have preserved my life. (Psalms 119:92-93)

✓ The peace of God is found in time alone with God.
Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God. And the PEACE OF GOD, which transcends all understanding, will guard your hearts and your minds in Christ Jesus. (Philippians 4:6-7)

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