

“How To Survive A Spiritual Downturn”

Hebrews 12:12-17

INTRODUCTION: Every Christian Experiences Dark Nights of the Soul

- At some point in your walk with Jesus you will come down with a bad case of the spiritual blahs.
- God is not only a disciplining parent but also a demanding coach who pushes us to our limits and requires our lives to be disciplined. Although we may not feel strong enough to push on to victory, we will be able to accomplish it as we follow Christ and draw on His strength. Then we can use our growing strength to help those around us who are weak and struggling.

(Life Application Study Bible)

A Helpful Game-Plan To

Keep On Trucking Even When It’s Hard:

1. Keep your attitude and will _____.
(vv.12-13)
2. Keep on going forward _____.
(v.13)
3. Keep on doing your part to make sure your relationships _____.
(v.14)

4. Keep on reminding yourself which _____.
(v.14)
5. Keep your mind on _____.
(v.15)
6. Keep your _____.
(v.16)
7. Keep in mind there is a _____.
(v17)

CONCLUSION: A Time Of Re-Commitment To God

- Today I am making a decision to re-commit my life to Jesus and His will for my life.
- On April 27th, 1953 something awesome happened that impacted lots of people for good.
- Does this statement describe you today: “I was close in my daily life with Jesus at one time in the past; but I have drifted away from that close relationship and need to make a change today.”
- My hope and prayer for you today:
 - ✓ When you don’t feel like praying, pray anyway. (1 Thessalonians 5:16)
 - ✓ When you don’t feel like believing, believe anyway. (Mark 9:24)
 - ✓ When you feel tired, keep on trucking. (Hebrews 12:1-2)
 - ✓ When you feel hopeless, stay encouraged by tuning in to His strength. (Philippians 4:13)
 - ✓ When you feel defeated, fight on, don’t give up. (Ephesians 6:10)