

“Surviving Seasons Of Adversity” 2 Corinthians 4: 5-18

INTRODUCTION:

- ⇒ A normal believer will experience seasons of disappointment, darkness, depression and defeat. The question is: how do you get through these challenging seasons?
- ⇒ Life in this world is a series of mountain top victories and deep valleys of defeat. Life is a combination of good times and bad times. Life is a mixture of opportunities and obstacles. The question is: what is the biblical solution to this difficult reality?

THE BIBLICAL SOLUTION TO SURVIVING SEASONS OF ADVERSITY:

1. To survive a season of disappointment and depression, you need to fix your eyes on the _____.

⇒ You are good and do only good; teach me your decrees.
(Psalm 119:68—New Living Translation)

⇒ Every time I slip into another depression, I notice that I have given up the struggle to find God and have fallen back into an attitude of spiteful waiting...It seems as if I resist coming into the light and enjoy staying in my self-made darkness. Living in the light means acknowledging joyfully the truth that all that is good, beautiful, and worthy of praise belongs to God. It is only a truly God-centered life that will pull me out of my depressions and give me hope. It is a clear path, but a very hard path as well.
—Henri Nouwen

2. To survive a season of loss and defeat, you need to fix your eyes on the _____.

⇒ O Sovereign Lord! You made the heavens and earth by your strong hand and powerful arm. Nothing is too hard for you!
(Jeremiah 32:17) New Living Translation

⇒ We are all faced with a series of great opportunities brilliantly disguised as impossible situations.
(Chuck Swindoll)

3. To survive a season of loneliness and darkness, you need to fix your eyes on the _____.

⇒ Our life is full of brokenness—broken relationships, broken promises, broken expectations. How can we live that brokenness without becoming bitter and resentful except by returning again to God’s faithful presence in our lives? Without this “place” of return, our journey easily leads us to darkness and despair. But with this safe and solid home, we keep renewing our faith, and keep trusting that the many setbacks of life move us forward to an always greater bond with the God of the covenant.
—Henri Nouwen

⇒ The Lord hears His people when they call to Him for help. He rescues them from all their troubles. The Lord is close to the brokenhearted; He rescues those whose spirits are crushed.
(Psalm 34: 17-18) New Living Translation

CONCLUSION: Your Response Matters...

There are 4 ways to respond to seasons of adversity:

- i) Blame someone or something and move on to other things
- ii) Blame yourself and view yourself as a failure
- iii) Blame the world and become a victim or cynic
- iv) Decide to reorient the entire focus of your life toward God and His character and His plans.

⇒ When people go through great difficulty, sometimes they say they’re losing their religion.
I would say that’s good. Lose your religion and then replace it with a relationship with God, because the faith that cannot be tested is a faith that cannot be trusted.

—Greg Laurie