

Dealing With Problems

- I. We will have problems in this world. **JOH 16:33.**
- II. View problems from God's perspective.
 - A. God's dominion extends over all. **DAN 4:34-35.**
 - B. There can be no problem without God's permission. **JOB 1:12; 2:6.**
 - C. God has a purpose worthy of Himself in that which He permits. **PSA 76:10.**
 - D. God knows and understands your problem. **JOB 23:10; PSA 31:7; 147:5.**
 - E. God loves and cares for His people, and purposes to do us good even when He chastens us. **1JO 4:9-10; 1PE 5:7; HEB 12:5-11.**
 - F. God has a good purpose for you in permitting problems in your life. **1PE 1:6-7; ROM 5:3-5; JAM 1:2-4; 2CO 12:7-10.**
 - G. The problem will never be more than is needed to accomplish God's design for your good. **JOB 34:23; PSA 119:75.**
 - H. These points will help us accept the problem and God's response to it.
- III. The following are specific steps for dealing with problems.
 - A. Acknowledge that you have a problem. Denial of the obvious will not make the problem disappear.
 - B. Specifically define the problem.
 - 1. We tend to exaggerate the problem. **PSA 31:22; GEN 30:1; NUM 13:31-33.**
 - 2. We tend to overestimate the consequences of a problem. **EXO 17:1-3.**
 - C. Acknowledge your relationship to God and realize that if you have a problem, He has it too. **COL 3:3; PSA 125:2; ISA 63:9; HEB 13:5-6.**
 - D. Accept God's forgiveness for past mistakes since a guilty conscience makes most anything unbearable. **PRO 15:13; 18:14; PSA 32:3-7 c/w 1JO 1:9; 3:20-21; 1TI 1:15.**
 - E. Keep in touch with God through His word. **PSA 119:104-105; PRO 6:20-23; 13:14.**
 - 1. This can identify or clarify the real problem.
 - 2. This can give you insights for handling the problem.
 - 3. This exposes your sins which may cause or compound the problem.
 - F. Obey the Lord. **MAT 7:24-27.**
 - G. Do not always react to the present solely in terms of the past. God gives us new beginnings. **PHIL 3:13; ROM 6:4; EPH 4:23.**
 - H. Control your emotions. **PRO 14:29; 16:32; 25:28.**
 - I. Inform Mission Control (God). **PSA 77:1-4.**
 - 1. Commit the problem to God in prayer. **PHIL 4:6; PSA 55:22; 1PE 5:7.**
 - 2. Do not be afraid to ask for what you want. **HEB 4:16; MAT 15:21-28.**
 - 3. THANK GOD for the good things He has done as you pray about the problem.
 - a. Are your sins forgiven?
 - b. Are you on the way to heaven, not hell?
 - c. Are you alive?
 - d. Are you ambulatory?
 - e. Are you fed and clothed?
 - f. Are you among those who love God in the truth?
 - J. Having committed the matter to God, get adequate rest as this enhances your ability to cope. **PSA 3:1-5; 127:2; JOH 4:6; MAR 6:31.**
 - K. Having committed the matter to God, consider anything you might do about the problem in

the light of His will. **EPH 5:15-17.**

1. Walking circumspectly suggests that one is careful to consider all circumstances and possible consequences of a given course of action.
 2. Hasty reactions will compound the problem. **PRO 19:2.**
 3. Sometimes it is wisdom to do nothing. **PRO 17:14; 20:3; 19:11; ECC 7:21-22.**
 4. Drowning the problem in alcohol does not make the problem go away and only brings sorrow and judgment, increasing problems. **PRO 20:1; 23:29-30.**
 5. Above all, resolve that you will not deal with your problem by sinning.
- L. Accept what God does or does not do about your problem. **1PE 5:6-7.**
1. This is truly casting your care upon the Lord.
 2. Those who thus cast their care upon the Lord receive His peace "...which passeth all understanding" (**PHIL 4:7**).
 3. We do NOT have to understand everything in order to have peace!
 4. Remember this prayer: "God grant me the serenity to accept the things I cannot change; the courage to change the things I can; and the wisdom to know the difference."
- M. Seek the help and care of Christian friends. **PRO 27:9; GAL 6:2; 2TI 4:9-13.**
- N. Put on charity since charity bears and endures all things. **1CO 13:4-7.**
- IV. Faith enables us to better deal with problems. **JOH 14:1-3.**
- A. We believe in the One Who loved us and gave Himself for us when we were enemies and Who now appears before God for us and is Head over all things to us and will return for us. **ROM 5:6-11; HEB 9:24; EPH 1:22; 2TH 1:7-10.**
 - B. We believe in Jesus Christ Whose eye was on heaven's joy and so endured. **HEB 12:2-3.**
 - C. We believe in Jesus Christ Who can feel with us in our problems and is able to help us. **HEB 4:14-16; 2:17-18.**
 - D. Such faith will quiet our hearts in the midst of our problems. **ACT 16:31.**