

Dealing with Despair: Part 2

2 Corinthians 4:7-10

United Community Church, 3-3-24

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Truth: Christ followers can overcome despair when we keep our eyes on Him, trust that He will work all things according to His will and remember His promise that He will never leave us to walk alone.

Every problem falls into one of three categories: (1) Problems you can control. (2) Problems you can't control but you can influence. (3) Problems you can neither control nor influence.

FOUR Practical Ways to Deal with Despair with God's Help

1. Believe that our treasure, God's surpassing power, fills our jars of clay, 4:7
2. Keep our eyes on God to keep everything in perspective, 4:8-9
 - Afflicted in every way but not crushed – squeezed but not squashed.
 - Perplexed but not driven to despair – questioning circumstances but not questioning God.
 - Persecuted but not forsaken – attacked unjustly but not abandoned by God.
 - Stuck down but not destroyed – knocked down but not knocked out.

KEEP YOUR EYES ON GOD – PERSPECTIVE

- God's PURPOSE is to bring Him glory and we glorify Him when we obey Him and through our obedience we are transformed.
- God's PLAN is to conform us to His image. Paul taught us that when we are weak God is strong.
- God's PROMISE is that His power is sufficient, and His presence brings peace and hope.

KEEP YOUR MIND ON CHRIST – FOCUS

- Put on the mind of Christ (Phil 2:5, Heb 12:1-3)
- God has given you a mind that can change your heart and drive your will not matter what you face in life.

- Use your mind to remember His purpose to bring Him glory, submit to His plan to conform you to His image, and cling to His promise to give you the power to endure with peace, hope, and joy!

BOTTOM LINE

Life is filled with problems and trials, but God uses every trial in life to make us stronger in our faith, draw us closer to Him, and use our testimony to lead others to Him.