



*THE STRUGGLE
IS REAL*

PART VII

Week One...

Understand The Voices That Affect The Mind, Body, and Soul

Failure To Utilize Weapons, Causes Us To Lose Focus

Failure To Utilize Weapons, Causes Us To Become Fatigued

Failure To Utilize Weapons, Causes Us To Abandon Fellowship

Failure To Utilize Weapons, Causes Us To Rely On Feelings

God Gives Relief Through Ordinary Resources

Week Two.....

HOPE IS HAVING A "CONFIDENT EXPECTATION"

HOPE IS THE ANCHOR OF THE SOUL

HOPE IS ROOTED IN THE FAITHFULNESS OF GOD

HOPE ANTICIPATES THE OUTCOME

HOPE REQUIRES ENDURANCE

RESILIENT PEOPLE SPEAK A DIFFERENT LANGUAGE

In Week 3

*The Soul Is The Control Center of
The Will, The Mind, and The Emotions*

*There Is A Battle For Your Soul
Whoever **Controls The Soul**, Rules The Man*

There Is A Struggle Between Faith and Feelings

God Promises Rest and Restoration For The Soul

Week Four

Taking Control Of Your Mental Health

An Awareness Of The Reality Of The Struggle

An Awareness of The Resources Available

An Awareness of Our Personal Responsibility

An Awareness That The Resources Bring Restoration

Week Five

Take Control Of Your Thoughts And Actions

Awareness Of Emotional Triggers

Identify Your Emotional Triggers

Utilize The Ammunition You Have In The Battle

Understand You Have The Control Of Your Actions

Week Six

3 Contributing Factors For The Rise...

Reason #1 ~ Distress That Comes From Neglect

*When **God's Will**, God's Word, and **God's Ways** **Become Optional***

IT LEADS TO DISTRESS

Reason #2 ~ Too Much Too Soon

*There Is A Danger Of Receiving **More In The Hand** Than **The Mind Can Comprehend***

***Fame Without A Foundation** Will Ultimately Lead To A Fall*

Reason #3 ~ The Pressure Of The Assignment

*Many people are signing up for **ASSIGNMENTS WITHOUT GOD'S ANOINTING***

The background is a blue gradient with decorative white circuit-like lines in the corners. The text is centered and reads:

Tonight
Look At
Pushing Through The Struggle

Introduction

One of the Things I truly love about the Bible is that reveals
The Favor and **Flaws** of each Character...
The Ups and **Downs** of each Character...
The Joys and **Pain** of each Character...
The Strengths and **Struggles** of each Character...

Often we view Bible Characters as superheroes who magically overcome every obstacle...
No, they did not magically overcome ~ **THEY ENDURED THEIR STRUGGLES BY FAITH...**

Abraham Believed God ~ **Yet He struggled with waiting on God and Trusting In God**
David Was A Man After God's Own Heart ~ **Yet He Had Moments Of Weakness In His Flesh**
Elijah Was A Man Of Prayer ~ **But He Asked God To Take His Life**
Jeremiah Was Anointed By God For Service ~ **Yet He Wanted To Quit The Ministry**
Peter Was The Appointed Leader Of The Disciples ~ **Yet He Struggled In His Walk**

In Your Season Of Struggle,
God Will Give You **The Strength To Overcome The Struggle**
Some Struggles **Can't Be Excluded** They Must Be **Endured!!!**

Jesus Is The Supreme Example

His Strength

Hebrews 12:2 (NIV)

2 Let us fix our eyes on Jesus, the author and perfecter of our faith, who for the joy set before him **ENDURED THE CROSS**, scorning its shame, and sat down at the right hand of the throne of God.

His Struggle

Luke 22:44 (NASB)

44 And **being in agony** He was praying very fervently; and **His sweat became like drops of blood, falling down upon the ground.**

Matthew 26:38 (NIV)

38 Then he said to them, "**My soul is overwhelmed with sorrow to the point of death.**

Mark 14:33-34 (NIV)

33 He took Peter, James and John along with him, and he **began to be deeply distressed and troubled.** 34 "**My soul is overwhelmed with sorrow to the point of death...**

His Agony appeared to be **overwhelming**
He experienced **Distress of the Mind** and eventually **Affected His Body**

EXPECTATION vs. EXPERIENCE

Although Jesus *expected the Cross*... It did not eliminate the *pain of the experience*
Although He *knew the cross was coming*... It did not alleviate the *agony of the experience*
Although He *had the Promise of Resurrection*... It did not Remove the *distress of the experience*

From the Beginning He Knew WHAT TO EXPECT

1 Peter 1:19-20 (NIV)

19 But with the precious blood of Christ, a lamb without blemish or defect. 20 He was chosen *before the creation of the world*, but was revealed in these last times for your sake....

Genesis 3:15 (NIV)

15 ...*He will crush your head*, and you will strike his heel."

Isaiah 53:5 (NKJV)

5 But *He was wounded for our transgressions*, He was bruised for our iniquities;
The chastisement for our peace was upon Him, And by His stripes we are healed.

John 1:29 (NKJV)

29 The next day John saw Jesus coming toward him, and said,
"*Behold! The Lamb of God who takes away the sin of the world!*"

Matthew 17:22-23 (NKJV)

22 Now while they were staying in Galilee, Jesus said to them, "The Son of Man is about to be betrayed into the hands of men, 23 and *they will kill Him, and the third day He will be raised up.*"

He Was Expecting The Cross....

EXPECTATION vs. EXPERIENCE

Although Jesus expected the Cross... It did not eliminate the pain of the experience

*We Should Be **EXPECTING** Difficult Times....*

John 16:33 (NIV)

33 "I have told you these things, so that in me you may have peace. In this world you will have trouble.

1 Peter 4:12 (NASB)

12 Beloved, do not be surprised at the fiery ordeal among you, which comes upon you for your testing, as though some strange thing were happening to you;

2 Timothy 3:12 (NKJV)

12 Yes, and all who desire to live godly in Christ Jesus will suffer persecution.

Job 14:1 (NKJV)

1 "Man who is born of woman Is of few days and full of trouble.

*Like Jesus Although **We Expect** Trials, Tribulation, and Trouble as Believers
It still does not eliminate the pain and pressure of the Experience...*

*Don't Let People Tell You That You Lack Faith Because You **Express Your Pain...***

There Are Struggles That Are Overwhelming

There Are Struggles That Are Painful

There Are Struggles That Seem Unbearable

*Expectation ~ **PREPARATION** ~ Experience*
Just Like We Prepare For Success ~ We Must Prepare For The Struggle

Luke 22:39-40 (NKJV)

39 Coming out, He went to the Mount of Olives, **as He was accustomed**, and His disciples also followed Him.
40 When He came to **THE PLACE**, He said to them, "Pray that you may not enter into temptation."

John 18:1-2 (NLT)

1 After saying these things, Jesus crossed the Kidron Valley with his disciples and entered a grove of olive trees. 2 Judas, the betrayer, **KNEW THIS PLACE**, because Jesus had often gone there with his disciples.

It was a **HABIT OF JESUS** to come to this place...He was familiar with **THIS PLACE OF PRAYER BEFORE** his time of Pain, Persecution, and distress. He had a place to go and talk to his Father...

*His Habits Helped Him When He Was Hurting... **Devotional Life***

Mark 1:35-36 (NLT)

35 Before daybreak the next morning, Jesus got up and **went out to an isolated place to pray**.
36 Later Simon and the others went out to find him.

Luke 5:15-16 (NLT)

15 But despite Jesus' instructions, the report of his power spread even faster, and vast crowds came to hear him preach and to be healed of their diseases. 16 But **Jesus often withdrew to the wilderness for prayer**.

*His Devotional Time Helped Him **Deal With The Struggle***

DESIRE vs. DEPENDENCE

Because Jesus was **HUMAN** ~ There was **A DESIRE** for His Associates To **BE WITH HIM**

There was **a desire** for them to **share in his suffering...**

There was **a desire** for them to **share in his supplication...**

There was **a desire** for them to **share in his struggle...**

Matthew 26:37-40, 43 (NIV)

37 He took **Peter and the two sons of Zebedee along with him**, and he began to be sorrowful and troubled. 38 **Then he said to them**, "My soul is overwhelmed with sorrow to the point of death. Stay here and **KEEP WATCH WITH ME.**" 39 Going a little farther, he fell with his face to the ground and prayed, "My Father, if it is possible, may this cup be taken from me. Yet not as I will, but as you will." 40 Then he returned to his disciples and found them sleeping. **"Could you men not keep watch with me for one hour?" HE ASKED PETER.** 43 When he came back, he again found them sleeping, because their eyes were heavy. 45 **Then he returned to the disciples and said to them, "Are you still sleeping and resting? Look, the hour is near, and the Son of Man is betrayed into the hands of sinners.**

Don't Allow Your **DESIRE OF THEM...** To **LEAD YOU TO ULTIMATE DEFEAT** {Disappointment but not Defeat}

Jesus Already Knew **They Could Not Handle** The Struggle {Although There Was **A Desire**}

Matthew 17:22-23 (NKJV)

22 Now while they were staying in Galilee, Jesus said to them, "The Son of Man is about to be betrayed into the hands of men, 23 and they will kill Him, and the third day He will be raised up."

AND THEY WERE EXCEEDINGLY SORROWFUL.

DESIRE vs. DEPENDENCE

Because Jesus was **HUMAN** ~ There was **A DESIRE** for His Associates To Be With Him
Because Jesus was **DIVINE** ~ There Was A **Dependence On God**

Luke 22:40-44 (NKJV)

40 When He came to the place, **He said to them**, "Pray that you may not enter into temptation."

41 And He was withdrawn from them about a stone's throw, and **He knelt down and prayed**,

42 saying, "Father, if it is Your will, take this cup away from Me; nevertheless not My will, but Yours, be done." 43 **THEN AN ANGEL APPEARED TO HIM FROM HEAVEN, STRENGTHENING HIM.**

44 And being in agony, **He prayed more earnestly.**

Although He Had A Desire For His Disciples To Share In The Struggle
HE DEPENDED ON GOD TO STRENGTHEN HIM IN THE STRUGGLE

You Can Measure Your Dependence **BY YOUR DIALOGUE**

Hebrews 5:7 (NLT)

7 While Jesus was here on earth, he offered prayers and pleadings, with a loud cry and tears,
TO THE ONE WHO COULD RESCUE HIM FROM DEATH. And God heard his prayers
because of his deep reverence for God.

Hebrews 4:15-16 (NLT)

15 This High Priest of ours understands our weaknesses, for he faced all of the same testings we do,
yet he did not sin. 16 **So let us come boldly to the throne of our gracious God.** There we will receive his mercy,
and **WE WILL FIND GRACE TO HELP US WHEN WE NEED IT MOST.**

DESIRE vs. DEPENDENCE

Why **This Dependence On God** In Luke 22.... In The Garden

Matthew 4:1-11 (NKJV)

1 Then Jesus was **led up by the Spirit into the wilderness to be tempted by the devil.**

2 And when He had fasted forty days and forty nights, afterward He was hungry.

3 **Now when the tempter came to Him,** he said, "If You are the Son of God, command that these stones become bread." 4 But He answered and said, "It is written, 'Man shall not live by bread alone, but by every word that proceeds from the mouth of God.' "

5 **Then the devil took Him up into the holy city,** set Him on the pinnacle of the temple, 6 and said to Him, "If You are the Son of God, throw Yourself down. For it is written: 'He shall give His angels charge over you,' and, 'In their hands they shall bear you up, Lest you dash your foot against a stone.' "

7 Jesus said to him, "It is written again, 'You shall not tempt the LORD your God.' "

8 **Again, the devil took Him up on an exceedingly high mountain,** and showed Him all the kingdoms of the world and their glory. 9 And he said to Him, "All these things I will give You if You will fall down and worship me." 10 Then Jesus said to him, "Away with you, Satan! For it is written, 'You shall worship the LORD your

God, and Him only you shall serve.' " 11 Then the devil left Him, and behold, **ANGELS CAME AND STRENGTHENED HIM.**

The Reason For His **PRESENT DEPENDENCE** ~ Is His **PAST EXPERIENCES**

Past Experience ~ **Developed An Expectation** ~ Present Experience

The Same God Who Brought Me Through Before... **Will Do It Again!!!**

ESCAPE vs. ENDURE

There are certain things the Lord will not **ALLOW YOU TO ESCAPE...** **YOU MUST ENDURE...**

There are certain things God **allowed you to go around**

There are certain things God **prepares you to go through...**

Often, Our desire is to **ESCAPE TROUBLE...** God wants us to **ENDURE...**

Jesus didn't receive **power to escape the Cross**

Jesus didn't receive the **strength to escape the Cross**

He **ENDURED THE CROSS ~ DESPITE THE STRUGGLE IN THE GARDEN**

God **ENABLES US** To **GROW THROUGH WHAT WE GO THROUGH**
THEREFORE.... ENDURE IT

The Reality Is... **GOD ALLOWS THE STRUGGLE....** But What Is Your Response

James 1:2-4 (NASB)

2 CONSIDER IT ALL JOY, my brethren, when you encounter various trials,

3 knowing that the testing of your faith PRODUCES ENDURANCE.

4 And let endurance have its perfect result, so that you may be perfect and complete, lacking in nothing.

Romans 5:3-4 (NLT)

3 WE CAN REJOICE, too, when we run into problems and trials, for **WE KNOW THAT THEY HELP US DEVELOP ENDURANCE.** **4 And endurance DEVELOPS** strength of character...

ESCAPE vs. ENDURE

To Endure....**RELY ON GOD'S FAITHFULNESS**

God Knows How Much and How Long

1 Peter 1:6-7 (ESV)

6 In this you rejoice, **though now for a little while, IF NECESSARY**, you have been grieved by various trials,
7 **SO THAT** the tested genuineness of your faith—more precious than gold that perishes though it is tested by fire—may be found **TO RESULT IN PRAISE AND GLORY AND HONOR** at the revelation of Jesus Christ.

1 Corinthians 10:13 (ESV)

13 No temptation has overtaken you that is not common to man. **GOD IS FAITHFUL**, and he will not let you be tempted beyond your ability, but with the temptation **he will also provide the way of escape, THAT YOU MAY BE ABLE TO ENDURE IT.**

Keep Reminding Yourself God Will Allow/Arrange Your Struggles For A Season

Biblical Example

Exodus 13:17 (NASB)

17 Now when Pharaoh had let the people go, **God did not lead them by the way of the land of the Philistines**, even though it was near; for God said, "**The people might change their minds when they see war, and return to Egypt.**"

God Allows The Struggle For Your Growth and Development ~

Don't Allow The Struggle To BECOME A STRONGHOLD

In Conclusion

The Struggle Is Real....

*Although You Are **Expecting To Struggle...** There Will Be **Pain In The Experience***

*There Will Be A **Desire For Human Involvement...** **Maintain Your Godly Dependence***

*There Are Some Struggles **You Can't Escape...** **You Must Endure***

Remember....God Gives Grace For The Struggle

2 Corinthians 12:8-10 (NLT)

*8 Three different times **I begged the Lord to take it away.***

*9 Each time he said, "**MY GRACE IS ALL YOU NEED.** My power works best in weakness."*