

- The Bible provides guidance on how to respond when we are pushed to our limits.
- By embracing these teachings, we can turn our focus from the difficult circumstances to the faithfulness of God.

Philippians 4:12-13

"I know what it is to be in need, and I know what it is to have plenty. I have learned the secret of being content in any and every situation, whether well fed or hungry, whether living in plenty or in want. I can do all this through him who gives me strength."

Confessed but not often practiced

Proverbs 3:5-6

Trust in the Lord with all thine heart; and lean not unto thine own understanding.

In all thy ways acknowledge him, and he shall direct thy paths.

Psalm 37:5

Commit thy way unto the Lord; trust also in him; and he shall bring it to pass.

Isaiah 11:2

And the spirit of the Lord shall rest upon him,

the spirit of wisdom and understanding,

the spirit of counsel and might,

The spirit of knowledge and of the fear of the Lord;

John 1:12

But as many as received him, to them gave he power to become the sons of God, even to them that believe on his name:

- James 1:19
- Know this, my beloved brothers: let every person be quick to hear, slow to speak, slow to anger;
- Stan's attack is always to get a reaction from the believer
- Reactions reveal belief and core values.
- Proverbs 14:29
- Whoever is slow to anger has great understanding, but he who has a hasty temper exalts folly.

- Ecclesiastes 7:9
- Be not quick in your spirit to become angry, for anger lodges in the heart of fools.
- Proverbs 29:11
- A fool gives full vent to his spirit, but a wise man quietly holds it back.
- Colossians 3:17
- And whatever you do, in word or deed, do everything in the name of the Lord Jesus, giving thanks to God the Father through him.

- Understanding reactions, both human and divine, is a significant theme throughout the Bible.
- The Scriptures provide insight into how individuals and God Himself respond to various situations, offering guidance for believers on how to align their reactions with biblical principles.
- Romans 12:21
- Do not be overcome by evil, but overcome evil with good.

- Emotional Responses:
- The Bible acknowledges the range of human emotions and reactions.
- In the Psalms, David often expresses his emotions openly, whether in joy, fear, or sorrow.
- Psalm 56:3, "When I am afraid, I put my trust in You."
- This verse highlights the importance of turning to God in times of fear, demonstrating a reaction rooted in faith rather than despair.

- What the bible says about despair
- Despair is the complete loss of hope
- When fear grips us, hopelessness is right behind.
- 2 Corinthians 4:8, "We are hard pressed on every side, but not crushed; perplexed, but not in despair."
- To despair means we have turned our backs on hope.
- We have chosen to disbelieve God and His many promises to deliver and provide

Psalm 34:17-20

- When the righteous cry for help, the Lord hears and delivers them out of all their troubles.
- The Lord is near to the brokenhearted and saves the crushed in spirit.
- Many are the afflictions of the righteous, but the Lord delivers him out of them all. He keeps all his bones; not one of them is broken.

Anger and Self-Control:

Scripture warns against uncontrolled anger.

James 1:19-20

"Everyone should be quick to listen, slow to speak, and slow to anger, for man's anger does not bring about the righteousness that God desires."

This emphasizes the need for self-control and patience, encouraging thoughtful responses rather than impulsive reactions.

Proverbs 25:28

A man without self-control is like a city broken into and left without walls.

He has no protection from anything

Titus 2:12

Training us to renounce ungodliness and worldly passions, and to live self-controlled, upright, and godly lives in the present age,

Live by the rule of life

Romans 8:13

For if you live according to the flesh you will die, but if by the Spirit you put to death the deeds of the body, you will live.

Colossians 3:16

Let the word of Christ dwell in you richly, teaching and admonishing one another in all wisdom, singing psalms and hymns and spiritual songs, with thankfulness in your hearts to God.

Forgiveness and Reconciliation:

The Bible places a strong emphasis on forgiveness as a reaction to wrongdoing.

Matthew 6:14-15,

"For if you forgive men their trespasses, your Heavenly Father will also forgive you."

This underscores the importance of forgiving others as a reflection of God's forgiveness toward us.

Can you go to heaven with unforgiveness

- The Bible teaches that unforgiveness is not an option for a believer but a necessity.
- Luke 17:3-4, unforgiveness is a sin, and those who sin are not children of God but of the devil.
- Romans 6:22-23 explains that the consequences of sin are death, and sinners will not have a place with Jesus in eternal life.

Therefore, going to heaven with unforgiveness in your heart is impossible.

Joy in Trials:

The Bible encourages believers to react with joy in the face of trials.

James 1:2-4 "Consider it pure joy, my brothers and sisters, whenever you face trials of many kinds, because you know that the testing of your faith produces perseverance."

This perspective helps believers to view challenges as opportunities for growth.

Romans 5:3-4

Not only that, but we rejoice in our sufferings, knowing that suffering produces endurance, and endurance produces character, and character produces hope,

James 1:12

Blessed is the man who remains steadfast under trial, for when he has stood the test he will receive the crown of life, which God has promised to those who love him.

Colossians 1:11

Being strengthened with all power, according to his glorious might, for all endurance and patience with joy;

Romans 12:12

Rejoice in hope, be patient in tribulation, be constant in prayer.

James 1:4

And let steadfastness have its full effect, that you may be perfect and complete, lacking in nothing.

Romans 8:28

And we know that for those who love God all things work together for good, for those who are called according to his purpose.

Hebrews 12:7

It is for discipline that you have to endure. God is treating you as sons. For what son is there whom his father does not discipline?

Revelation 3:10

Because you have kept my word about patient endurance, I will keep you from the hour of trial that is coming on the whole world, to try those who dwell on the earth.

Luke 21:19

By your endurance, you will gain your lives.

1 Corinthians 16:13

Be on the alert. Stand firm in the faith. Be men of courage.

Be strong.

Kindness and Compassion:

The Bible teaches that our reactions should be characterized by kindness and compassion.

Ephesians 4:32

"And be kind to one another, tenderhearted, forgiving one another, just as God in Christ forgave you."

This reflects the call to respond to others with love and understanding

Divine Reactions:

Jeremiah 31:3

The Lord hath appeared of old unto me, saying, Yea, I have loved thee with an everlasting love: therefore with lovingkindness have I drawn thee.

Romans 2:4

The riches of His goodness and forbearance and longsuffering, not knowing that the goodness of God leadeth thee to repentance?

Divine Reactions:

- God's Patience and Longsuffering:
- The Bible frequently highlights God's patience in dealing with humanity.
- 2 Peter 3:9 "The Lord is not slow to fulfill His promise as some understand slowness, but is patient with you, not wanting anyone to perish, but everyone to come to repentance."
- This reveals God's desire for all to turn to Him, demonstrating His long-suffering nature.

Ephesians 2:4-5

"But because of His great love for us, God, who is rich in mercy, made us alive with Christ even when we were dead in our trespasses.

It is by grace you have been saved."

This highlights God's gracious response to human sin, offering salvation through Jesus Christ.