

LOOKING UP WHEN LIFE IS A LETDOWN



Set your minds on things that are above... Colossians 3:2

## Looking Up On Your Worst Day

2 Timothy 4:9-18

**If** I were to ask you, “What was your best day this week,” you could tell me [eventually]... Which also means you could tell me what your worst day was this week.

**We** all have our best days and our worst days, and no exemptions are passed out.

**It's** also possible we may have more than one reason for a day to be called our best day or worst day.

**But** can you imagine the stress of having not one, or even a few, but five worst-day events

happening at the same time? This is what an apostle named Paul faced in our Bible text for today. Today, we'll see some of the worst-day events Paul faced and how he was able to face his worst day. This is important for us because we have "worst days" and want to know how to best navigate them I want us to listen because, like we've said, we all have worst days and want to know how to best navigate them.

What we'll learn from the Apostle Paul's life is this:

**I can face anything with my heart set on Christ in everything.**

**Here** are five worst-day events in Paul's life and how he was able to face anything because he set his heart on Christ in everything.

**The day we say our final goodbyes to people we love.**

2 Timothy is his final letter and reads like Last Will & Testament.

There is an urgency here as he desires to have his final farewells.

Final goodbyes hurt. You can't forget them.

### **The day a relationship ends** (Verse 10a).

Demas had been a trusted co-laborer and stood by Paul...

### **The day of injury and/or insult** (Verses 14-15).

We know little of Alexander or the harm he did to Paul

What we do know is Paul left this in God's hands.

### **The day of great loneliness** (Verse 16).

*Can you feel his sense of being deserted?* He does two things:

- 1) Responds like Jesus on the cross.
- 2) Remembers God's faithfulness (Verse 17).

### **The day of our final breath** (Verse 18).

Paul knows his time is running out [See 2 Timothy 4:6-8].

He knew a martyr's death awaits him but still

looks up.

The story of Paul in Scripture begins and ends in martyrdom.

Paul had seen God's faithfulness to Stephen (Acts 7:55-56).

Five worst days... Paul looks up. His heart is set on Christ in everything, and he was able to face anything.

**I can face anything with my heart set on Christ in everything.**

**Make** it your aim to set your heart on Christ in everything!

*I invite you to write down the doxology in 2 Timothy 4:18. Fill your mind this week with this. Remember it your best day this week, and your worst day this week, setting your heart on Christ in everything. I want to speak over you the final words of Paul in Scripture: The Lord be with your spirit. Grace be with you (4:22).*