

11-05-2023, COTR Texarkana

Title: How Do I Deal with Trouble?

Purpose: Explore reasons why we face trouble and provoke people to respond in a Biblical way.

Truth for Today: The Bible helps us understand the causes of trouble and tells us what our response should be.

Text: John 16:33

Series Title: "Your Best Life Now" ...is found by following God's ways!

Series purpose: Provoke people to embrace the path of Biblical truth to have a blessed life now and rewards in eternity.

How Do I Deal with Trouble?

I. Introduction

A. Review Series Pic Path: "Your Best Life, Now". We're learning how following the Biblical path will lead us to a blessed life now and rewards in eternity.

B. Text: [John 16:33 (NIV) "I have told you these things, so that **in me you may have peace. In this world you will have trouble** (*NLT many trials and sorrows*). But take heart (*NKJV be of good cheer, NCV be brave*)! **I have overcome the world.**"]

1. Our best life is not always a trouble-free life. No matter what trouble we face, Jesus said we could find His peace as we trust Him to help us get through it.

2. Today we'll deal with the question, how can we have our best life when we're dealing with trouble. We'll (1) Address 5 possible causes for trouble, (2) Our response or what we should do when trouble comes.

C. Title: How Do I Deal with Trouble?

II. #1 Trouble in general affects us all because we live in Adam's sinful world.

A. [Job 14:1 (NCV) "All of us...live only a few days and have **lots of trouble.**] Job's troubles were serious and caused by satan. Our troubles may not be as serious as Job's, but trouble is a part of everyone's life. It may be the cost from inflation on food, flat tire, persecuted because we follow Jesus, sick baby, or losing your keys. We can cuss trouble, kick the dog, get in a fight, or take valium but God has a better way.

B. CAMERA Our response to trouble in general is to maintain a Biblical attitude. (1) [1 Thes. 5:18 (NKJV) in everything **give thanks**; for this is the will of God...e.g., flat tire, thank God it wasn't a blowout. (2) Phil. 4:11-12

(NLT)...I have learned how to be **content** with whatever I have. ¹² I know how to live on almost nothing or with everything... e.g., sale fell through so you can't get a new car, (3) Romans 12:17 (NIV)...Be careful to **do what is right** (*KJV honest*) in the eyes of everyone. E.g., people watch us to see how we react when trouble comes. (4) 1 Timothy 6:12 (ESV) **Fight the good fight** of the **faith**...] No matter what we face, keep faith in God and keep following His ways. One day the trouble will pass, and God will say well done.

III. #2 CAMERA Running from God, disobedience, or living a sinful life

A. [Jonah 1:1–12 (NLT) The Lord gave this message to Jonah...²...go to...Nineveh. Announce my judgment against it because I have seen how wicked its people are.”³ But Jonah...went in the opposite direction to **get away from the Lord**...⁴ But **the Lord** hurled a powerful wind over the sea, causing a **violent storm**...¹¹...they asked him, “What should we do to you to stop this storm?”¹² “Throw me into the sea,” Jonah said...I know that **this terrible storm is all my fault**.¹⁷ (NIV) Now the Lord provided a huge fish to swallow Jonah, and **Jonah was in the belly of the fish three days and three nights.**] Jonah was in trouble because God said go and Jonah said no. God disciplined him by a storm and a whale. He will discipline us, too, when we sin.

1. [Hebrews 12:5–6 (NLT)...don't make light of the **Lord's discipline**, and don't give up when he **corrects** you. ⁶ For the Lord disciplines those he loves...] // Mia God used the storm and whale to discipline Jonah and correct his behavior. The trouble associated with divine discipline is a good thing. It gets us back on track.

B. Our response: [Jonah 2:1 (NLT) **Then Jonah prayed** to the Lord his God from inside the fish...¹⁰ Then the Lord ordered the fish to spit Jonah out onto the beach.] Ninevah Ask for God to forgive us and repent, i.e., do what He says. [Psalm 119:67 (NLT) **I used to** wander off until you disciplined me; **but now** I closely follow your word.]

IV. #3 I'm in the storm with Jonah

A. Jonah's sin didn't affect only him; it affected everyone on the ship with him, i.e., our sin and disobedience will affect our family, business partner, team, people we work with, etc. E.g., Dad steals things from work and loses his job. Now his daughter can't get her cheerleading outfit.

B. Our response: [Pr. 27:6 (NIV) **Wounds from a friend** can be trusted...] i.e., honest conversation. Before we confront Jonah, the 1st thing we do is

pray and ask God what to do. Then we seek God for the right time and the right words and tell our Jonah what they're doing will hurt them and others.

V. #4 We may not have caused it, but God will use trouble to deepen our faith.

A. [James 1:2–4 (NLT)...when **troubles of any kind** come your way, consider it an opportunity for **great joy**.³ For you know that when your **faith is tested**, your **endurance** has a chance to grow.⁴ So **let it grow**, for when your endurance is **fully developed**, you will be **perfect and complete**, needing nothing.]

1. God can use trouble to make us more mature Christians. The process of maturity is called sanctification, making us more like Jesus. E.g., Peter walked on water and then sank. In Acts his faith had matured and he did miracles, e.g., cripple

B. Our response: a choice and an attitude [1 Thes. 5:18 (NKJV) **in everything give thanks**; for this is the will of God.] Trouble isn't fun, it's like medicine and doesn't taste good but can be good for the development of our spiritual life.

VI. #5 CAMERA We're facing a spiritual attack; satan is after us.

A. [1 Thes. 2:18 (ESV)...we wanted to come to you...again and again—but **Satan hindered us (NIV blocked our way)**.] How? No money for travel, got sick, crisis where they were, relationship conflict, etc. Somehow satan brought trouble to Paul.

B. Our response: fight back, [Eph. 6:12–18 (NLT) For we are not **fighting** against flesh-and-blood enemies, but against **evil rulers and authorities of the unseen world**...¹³ Therefore, put on every piece of **God's armor** so you will be able to resist the enemy¹⁶...hold up the shield of **faith** to stop the fiery arrows of the devil....take the sword of the Spirit, which is the **word of God**.¹⁸ **Pray** in the Spirit at all times...Stay **alert** and be **persistent** in your prayers...] E.g., teenager goes wild. 2am not home

VII. What if we don't know the cause of our trouble?

A. Is our conscience bothered about something or has the HS been dealing with us about something? E.g., dog collar beep. Ask the Lord to show you. Spend extra time reading the Bible/ prayer, seek counsel/ prayer from someone who hears the Lord. Regardless of what the cause is, keep following Jesus and don't let trouble stop you.

VIII. Conclusion: There is something we can do now to prepare for future trouble.

A. [2 Kings 4:8–10 (NLT)...Elisha went to the town of Shunem. A wealthy woman... urged him to come to her home for a meal....⁹ She said to her husband, “I am sure this man...is a holy man of God. ¹⁰ **Let’s build a small room for him...**and furnish it ...Then he will have a place to stay whenever he comes by.”]

1. Unbeknownst to her, she was preparing for future trouble by investing time, talent, and treasure in KOG.

B. [2 Kings 4:14–37 (NLT) Later Elisha asked Gehazi, “What can we do for her?” ... “She doesn’t have a son...¹⁸ ...when her child was older, he went out to help his father...¹⁹ Suddenly he cried out, “My head hurts!...²⁰ ...around noontime **he died.**

1. She has trouble with a capital “T”.

C. Vs. ²¹ She carried him up and **laid him on the bed of the man of God ...**³² When Elisha arrived, the child was indeed dead...³³ He...prayed to the Lord...³⁵ ...the boy...opened his eyes! ³⁶ ...“**Here, take your son!**”
Imagine how she felt!

1. When she gave the prophet of God food and shelter, she had no idea she was setting in motion an answer to her future trouble. When we invest time, talent, and treasure in the KOG now, the same thing might happen for us when trouble comes. Trouble doesn’t have to stop us from living our best life now.

IX. Response

A. Prayer

B. Souls

X. Bibliography/ Resources: Logos Bible Software and Library, Platinum Edition, was used to prepare this message.

1. Blaising, C. A. (1985). [Malachi](#). In J. F. Walvoord & R. B. Zuck (Eds.), *The Bible Knowledge Commentary: An Exposition of the Scriptures* (Vol. 1, p. 1584). Victor Books.
2. Merriam-Webster, I. (2003). In [Merriam-Webster’s collegiate dictionary](#). (Eleventh ed.). Merriam-Webster, Inc.
3. Webster, N. (2006). In [Noah Webster’s first edition of An American dictionary of the English language](#). Foundation for American Christian Education.

4. The exegetical Dictionary of the NT
5. Arndt, W., Gingrich, F. W., Danker, F. W., & Bauer, W. (1979). In [*A Greek-English lexicon of the New Testament and other early Christian literature : a translation and adaptation of the fourth revised and augmented edition of Walter Bauer's Griechisch-deutsches Worterbuch zu den Schrift en des Neuen Testaments und der ubrigen urchristlichen Literatur*](#) (p. 362). University of Chicago Press.

XI. Supplemental Material

- A. The figures of **a refiner's fire** (that burned out the dross from metal ores) and **launderer's soap** emphasize the effectiveness of God's spiritual purging of the nation (cf. Isa. 1:25; Jer. 6:29–30; Ezek. 22:17–22). The result would be a pure class of **Levites**. Refined **like gold and silver**, they **will bring offerings in righteousness ... as in days gone by**. This will contrast with Israel's unacceptable offerings of which Malachi wrote (Mal. 2:12–13). Following the return of **the Lord** and the judgment of Israel, **offerings** will be sacrificed in the kingdom (cf. Isa. 56:7; 66:20–23; Jer. 33:18; Ezek. 40:38–43; 43:13–27; Zech. 14:16–21). 3:5. The judgment of Israel will not be limited to Levites; it will include the whole nation (cf. Ezek. 20:34–38). God **will come near Israel for judgment**. He will purge the nation of those who are involved in sorcery (cf. Micah 5:12), adultery, perjury, depriving workers **of their wages**, oppressing **widows** and orphans, and mistreating **aliens**—all those who **do not fear** Him. All these crimes were prohibited in the Mosaic Law. God's removing these sinners from Israel will be His answer to the nation's question about His justice (Mal. 2:17).¹
- B. Romans 5:3–5 (NCV) We also have joy with our troubles, because we know that these troubles produce patience.⁴ And patience produces character, and character produces hope.⁵ And this hope will never disappoint us, because God has poured out his love to fill our hearts. He gave us his love through the Holy Spirit, whom God has given to us.
- C. Def. trouble: facing distress or difficulty; Being annoyed.² To be disturbed or agitated.³ To suffer affliction, hardship, or persecution.⁴ Distress that is brought about by outward circumstances.⁵
- D. Lk. 17:3 (NLT) “If another believer sins, **rebuke that person**; then if there is repentance, forgive.