

**NOW WHAT? May 6, 2018** *Getting through hopelessness, loss, & heartache*

**John 16:33 MSG** I've told you this so that trusting me, you'll be unshakable & assured, deeply at peace. In this godless world you'll continue to experience difficulties. But take heart! I've conquered the world."

**2 Corinthians 4:16 AMP** We don't become discouraged, utterly spiritless, exhausted, & wearied out through fear. Though our outer man is progressively decaying & wasting away, yet our inner self is being progressively renewed day after day. 17 For our light, momentary affliction (this slight distress of the passing hour) is ever more & more abundantly preparing, producing, achieving for us an everlasting weight of glory beyond all measure, excessively surpassing all comparisons; all calculations, a vast, transcendent glory & blessedness never to cease, 18 Since we consider & look not to the things that are seen but to the things that are unseen; for the things that are visible are temporal (brief & fleeting) but the things that are invisible are deathless & everlasting.

**\*\*Step 1 to getting through hopelessness, loss, & heartache is to know, speak, live, & run to the "Word of God".**

**\*\*Step 2 to getting through hopelessness, loss, & heartache is to have the "right identity".**

"We gotta find our identity in Jesus to move you forward!"

**Galatians 2:20b** ...It's no longer I who live, but Christ lives in me.

**\*\*Step 3 to getting through hopelessness, loss, & heartache is to have a "clear vision & divine guidance".**

*“Your vision is what you see & what you’re believing for your future.”*

*“Knowing what you want to do & where you want to go is perhaps more important than removing the problems of what you don’t want.”*

**Proverbs 29:18** When people don’t accept divine guidance (where there is no vision), they run wild... (they perish, they die! – Vision gives life!!)

*Many people feel stuck in their circumstances & don’t like where they are, but they can’t see a way out & don’t know where they want to go.*

*\*You can’t change when you’re focused on your problems.*

*\*Many know what they don’t like but won’t focus on what they do like.*

**John 4:35** You know the saying, ‘Four months between planting & harvest.’ But I say, wake up & look around. The fields are already ripe for harvest.

**\*\*Step 4 to getting through hopelessness, loss, & heartache is gaining “new thoughts, new knowledge, & a new way of thinking”.**

**Isaiah 55:7** Let the wicked change their ways & banish the very thought of doing wrong. Let them turn to the Lord that He may have mercy on them. Yes, turn to our God, for He’ll forgive generously. 8 “My thoughts are nothing like your thoughts,”. “My ways are far beyond anything you could imagine Just as the heavens are higher than the earth so My ways are higher than your ways & My thoughts higher than your thoughts.”

*A higher way of life comes from a higher way of thinking!  
Let’s put our energy into changing our thinking.*

*You can’t fix your problem by using the same way of thinking that got you there.*

**Colossians 3:8** Now's the time to get rid of anger rage malicious behavior slander, & dirty language. 9 Don't lie to each other, for you've stripped off your old sinful nature & all its wicked deeds Put on your new nature & be renewed as you learn to know your Creator & become like Him.

*Without renewing our minds, most of us will never overcome our problems & get through our hopelessness.*

**Romans 12:2 AMP** Don't be conformed to this world, fashioned after & adapted to its external, superficial customs, but be transformed; changed by the entire renewal of your mind; by its new ideals & its new attitude, so that you may prove for yourselves what is the good, acceptable, & perfect will of God, *even* the thing which is good, acceptable, & perfect in His sight for you.

*Your mind's the control center of your life. As you're transformed by renewing your mind to the Word, you'll find God's will in every area.*

*When your thoughts & way of thinking are different, you'll begin to produce new solutions to the old problems in your life.*

**2 Corinthians 10:3-5 NKJV** Though we walk in the flesh we don't war according to the flesh. 4 For the weapons of our warfare aren't carnal but mighty in God for pulling down strongholds 5 casting down arguments & every high thing that exalts itself against the knowledge of God, bringing every thought into captivity to the obedience of Christ

*What you think decides what you believe, what you believe decides how you act, what you believe and act decides what you receive, what you receive decides how you live.*

***Growing & changing the way we think starts w/ a willingness to be instructed & corrected.***

*The isolated, independent, or rebellious person cannot be transformed until he/she decides to be instructed & corrected.*

*A renewed mind is open & ready for instruction, correction, reproof, & rebuke.*

*Proverbs, the “Book of Wisdom” teaches that reproof, instruction & correction are the way of life. (Proverbs 6:23)*

**Proverbs 1:25-33; 6:23; 9:7-9; 10:17; 11:14; 12:1, 15; 13:18, 20; 15:31-33; 24:6**

1. Reproof – chastisement, correction
2. Rebuke – to correct so as to be right, convince, confront
3. Instruct – warn, restrain, check, correct, discipline

**2 Timothy 3:16** All Scripture’s inspired by God & is useful to teach us what’s true & to make us realize what’s wrong in our lives. It corrects us when we’re wrong & teaches us to do what’s right. 17 God uses it to prepare & equip His people to do every good work.

*When you’re feeling hurt, hopeless & stuck don’t just “cut back”, “withdraw”, or “get smaller”, but rather grow & gain knowledge.*

**YOU CAN CHANGE. YOU CAN DO IT. THE HOLY SPIRIT IS YOUR HELPER.**

*You may need to take some classes at college or online or here at Kings Circle; join a community group, make some new friends & ask some questions – just stay humble, seek wisdom & **you can change!***

## **LIFE IN ACTION!!**

***Romans 12:2 - And do not be conformed to this world, but be transformed by the renewing of your mind, that you may prove what is that good and acceptable and perfect will of God.***

*Step 1: Write down one area of your life you know you need to change.*

*Step 2: Write down what your changed life will look like. (Vision)*