

## ***“Pressing Through To Victory”***

**Have you ever felt like that person** in the old TV commercial who says "Help I've fallen and I can't get up?" Maybe you have experienced some difficult times; sickness, heartbreak or financial troubles. It's like your stuck in an emotional rut and you can't get yourself out. It seems like it's been so long since you felt joy that you're not sure you will ever be happy again. Well the answer is not entirely in our own ability to rise up. We need the Holy Spirit to help us move forward again.

*John 14:16-17 “And I will ask the Father, and He will give you another Comforter (Counselor, Helper, Intercessor, Advocate, Strengthener, and Standby), that He may remain with you forever The Spirit of Truth, Whom the world cannot receive (welcome, take to its heart), because it does not see Him or know and recognize Him. But you know and recognize Him, for He lives with you [constantly] and will be in you.” (AMP)*

What this scripture is saying is that God did not leave us down here on earth alone. He sent His Spirit to be our comforter, counselor, strengthener and helper. By ourselves we are limited in strength, understanding and power to overcome life’s difficulties but with God we can make it through anything life sends our way.

*Philippians 4:13 “I have strength for all things in Christ Who empowers me [I am ready for anything and equal to anything through Him Who infuses inner strength into me; I am self-sufficient in Christ's sufficiency].” (AMP)*

Human beings are made up of three parts: spirit, soul (emotions & intellect) and body (physical). Therefore we need to deal with our problems from a three pronged approach.

### **1. Spirit:**

If you find yourself stuck in a difficult place emotionally, run to God, not away from Him. Check and be sure your relationship with the Lord is right.

- Ask God to forgive you of your sins and forgive those who hurt you.
- Commit to reading the bible everyday.
- Schedule devotional or quiet time with God. Pray for God’s help, strength, wisdom and understanding of the scriptures.

- Turn away from anything that might keep you from being in right standing with God. If you are not sure, just ask Him.

*Hebrews 12:1-2* “...Let us strip off and throw aside every encumbrance (unnecessary weight) and that sin which so readily (deftly and cleverly) clings to and entangles us, and let us run with patient endurance and steady and active persistence the appointed course of the race that is set before us. Looking away [from all that will distract] to Jesus, Who is the Leader and the Source of our faith [giving the first incentive for our belief] and is also its Finisher [bringing it to maturity and perfection]...” (AMP)

The answers to our needs will be found when we seek the Lord and meditate on what the Holy Spirit reveals to us in the bible.

*Psalm 40:1-2* “I waited patiently and expectantly for the Lord; and He inclined to me and heard my cry. He drew me up out of a horrible pit (a pit of tumult and destruction), out of the miry clay (froth and slime), and set my feet upon a rock, steadying my steps and establishing my goings.” (AMP)

## **2. Soul:** (emotions, intellect or mind)

Emotions: Take charge of your emotions: John Maxwell says “Emotions are wonderful servants but poor leaders”.

- You must deal with the issues that are bothering you. Don’t allow yourself to become stuck in an emotional rut; this behavior will only lead depression. “Depression is hurt turned inward” Creflo Dollar.
- Take your cares and concerns to the Lord daily in prayer. Then leave them with Him. Trust that He will work things out.
- Do not lose site of the fact that God is with you.

*Isaiah 41:10* “Fear not [there is nothing to fear], for I am with you; do not look around you in terror and be dismayed, for I am your God. I will strengthen and harden you to difficulties, yes, I will help you; yes, I will hold you up and retain you with My [victorious] right hand of rightness and justice.” (AMP)

- Often we bury our hurts and disappointments so deep that we are not in touch with the cause of our behavior. Unforgiveness, anger, hurts, disappointments are all part of everyday life experiences, but if they become too difficult to handle or process emotionally, we need to get help. The counsel of your pastor or Christian counselor can provide objective wisdom and guidance and help you to sort things out.

Intellect: Get control of your thinking, your thoughts direct your actions.

[Proverbs 23:7](#) “For as he thinks in his heart, so is he.”

- Choose to believe and think about what God says about you, rather than what your circumstances dictate. Look ahead to the promises of God for your life. The Holy Spirit will encourage and direct your life if you let Him.

[Proverbs 3:5-6](#) “Trust God from the bottom of your heart; don't try to figure out everything on your own. Listen for God's voice in everything you do, everywhere you go; he's the one who will keep you on track. Don't assume that you know it all.” <sup>TM</sup>

- Get rest, the mind can't focus when you are sleep deprived.

Remain connected to friends and family. Everyone needs a support group. You should have one or two close friends or family members with whom you can confide, as well as a pastor or counselor, you can talk to.

### **3. Body:**

- Exercise plays a key role in helping you to stay calm and focused during difficult times. We have all heard about the benefits of endorphins, the hormones that are released by the body when we exercise. They have a very real calming effect on the emotions and can help to clear the mind of anxiety and confusion.
- Deep breathing exercises can also help in keeping the emotions calm when under stress.
- Proper nutrition is essential to our well being. The body and emotions work together and the body cannot function properly if mal nourished.

[Isaiah 40:29-31](#) “He gives power to the faint and weary, and to him who has no might He increases strength [causing it to multiply and making it to abound]. Even youths shall faint and be weary, and [selected] young men shall feebly stumble and fall exhausted; But those who wait for the Lord [who expect, look for, and hope in Him] shall change and renew their strength and power; they shall lift their wings and mount up [close to God] as eagles [mount up to the sun]; they shall run and not be weary, they shall walk and not faint or become tired.” (AMP)

Questions:

Give some examples of where everyday struggles are addressed in the bible.

List some spiritual and emotional growth principles as discussed in the scriptures and how they apply to us as Christian single adults today.

Name a character in the bible who handled problems in their own way, contrary to God's counsel. Discuss the results of their choice.

Discuss some of the positive aspects of Joseph and Job's character and how they handled their problems.

Describe the work of the Holy Spirit in our lives as shown in John 14:16-17 and John 16:13.