

GOD'S INSTRUCTIONS FOR COPING WITH ADVERSITY

A Bible Teaching by Jack Hartman

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This month we will study what the Bible teaches about God's instructions to His children when we face adversity. If you are facing adversity, I pray that you will carefully study all of the following Scripture references and meditate on them consistently instead of focusing on whatever problem you face. (All of the following Scripture references are from *The Amplified Bible*.)

GOD KNOWS HOW TO SOLVE EVERY PROBLEM YOU WILL EVER FACE. God never wonders whether He can solve any problem you face, no matter how severe this problem may be. Turn to God for the answer when you cannot see a solution yourself. "...the Lord knows how to rescue the godly out of temptations and trials..." (II Peter 2:9)

GOD IS WITH EACH OF HIS CHILDREN AT ALL TIMES. TRUST HIM COMPLETELY WHENEVER YOU FACE ADVERSITY. God is omnipresent. He sits on His throne in heaven. He also lives in the heart of every one of His children, (see Ephesians 4:6.) "God is our Refuge and Strength [mighty and impenetrable to temptation], a very present and well-proved help in trouble." (Psalm 46:1)

Your Father assures you that He will provide you with a spiritual place of refuge when you are in trouble. He will strengthen you according to your faith in Him. His supernatural strength is so powerful that nothing can penetrate it. God will help you when you are in trouble. He has proven to all of His children who are in trouble that He knows exactly what to do. Your Father lives in your heart. He is with you throughout every minute of every hour of every day of your life (see Genesis 28:15, Deuteronomy 31:6, and Joshua 1:9.)

Refuse to allow yourself to be overwhelmed by the severity of any problem you face. Learn and obey God's instructions. Have absolute faith in the reliability of God's promises.

JESUS CHRIST WON A TOTAL, COMPLETE, AND ABSOLUTE VICTORY OVER EVERY PROBLEM YOU WILL EVER FACE. Jesus said, "...In the world you have tribulation and trials and distress and frustration; but be of good cheer [take courage; be confident, certain, undaunted]! For I have overcome the world. [I have deprived it of power to harm you and have conquered it for you.]" (John 16:33)

Jesus Christ overcame the world and everything in the world when he victoriously rose from the dead. The amplification in this verse says that Jesus Christ has "deprived it (the world) of power to harm you." Whenever you face a difficult problem, ask yourself if this problem comes out of the world. If it does, meditate continually on this glorious promise from Jesus Christ. Know that Jesus has deprived the world from *any* power to harm you and that He has conquered in the world for you. "...thanks be to God, Who in Christ always leads us in triumph [as trophies of Christ's victory]..." (II Corinthians 2:14)

Please note the word "always" in this verse. God will not give you victory over adversity some of the time or most of the time. He promises that He will *always* lead you in triumph.

Your Father wants you to have absolute faith that He always does what He says He will do. Persevere with deep, strong, and unwavering faith in God and His supernatural promises that are contained in this teaching.

YOUR LOVING FATHER IS WITH YOU AT ALL TIMES. HE WILL PROTECT YOU. "...The beloved of the Lord shall dwell in safety by Him; He covers him all the day long, and makes His dwelling between his shoulders." (Deuteronomy 33:12)

KNOW THAT GOD IS WITH YOU AT ALL TIMES. DO NOT BE AFRAID OF ANYTHING. God said, "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." (Isaiah 41:10)

God emphasizes the relationship between not being afraid and your absolute certainty that He is with you at all times. Your Father promises to strengthen you. He promises to help you. He promises to hold you up. If

you are tempted to be afraid, meditate consistently on this magnificent promise from God. Focus on God. Absolutely refuse to focus on any problem you may be tempted to be afraid of.

GOD PROMISES THAT HE WILL DELIVER YOU WHEN YOU ARE IN TROUBLE. God said, “He shall call upon Me, and I will answer him; I will be with him in trouble, I will deliver him and honor him. (Psalm 91:15)

Your Father promises to answer whenever you call on Him. He repeatedly promises that He *is* with you whenever you are in trouble. He promises that He *will* deliver you from whatever adversity you face.

Open your mouth and speak this magnificent promise from God repeatedly. Thank your Father for being with you when you are in trouble and for bringing you safely through whatever problem you face.

GOD CAN AND WILL DELIVER YOU FROM EVERY PROBLEM YOU FACE. “Many evils confront the [consistently] righteous, but the Lord delivers him out of them all.”(Psalm 34:19)

If Jesus Christ is your Savior, you are righteous before God because Jesus paid the full price for all of your sins at Calvary. If you face difficult problems and you cry out to God to help you, you can be certain that your Father hears you and that He will “deliver you out of *all* your distress and trouble.”

GOD CARES ABOUT WHAT YOU ARE GOING THROUGH. HE PROMISES TO COMFORT YOU. “Blessed be the God and Father of our Lord Jesus Christ, the Father of sympathy (pity and mercy) and the God [Who is the Source] of every comfort (consolation and encouragement), Who comforts (consoles and encourages) us in every trouble (calamity and affliction)...” (II Corinthians 1:3-4)

Receive comfort and encouragement from God by meditating repeatedly on the Scripture references in this teaching. Your Father will comfort you if you consistently meditate on this magnificent promise.

DO NOT ALLOW FEAR TO OBTAIN A FOOTHOLD IN YOUR LIFE. Jesus Christ said, “...Do not let your hearts be troubled, neither let them be afraid. [Stop allowing yourselves to be agitated and disturbed; and do not

permit yourselves to be fearful and intimidated and cowardly and unsettled.]” (John 14:27)

These words that Jesus spoke to His disciples on the night before He was betrayed also are His words to you today. Please note the similarity of the words “let”, “allow”, and “permit” in the amplification in this verse. *You determine* what you will allow to enter into your heart. Do *not* allow your heart to be “troubled and afraid”. Do *not* allow yourself to be “agitated and disturbed” by any problem you face. Do *not* permit yourself to be intimidated obstacle.” Jesus Christ said, “...Do not be seized with alarm and struck with fear; only keep on believing.” (Mark 5:36)

These words that Jesus spoke when he told a man that he should not be afraid even though this man had just been told that his daughter had died, are also His words to you today. No matter how severe any problem you face might seem to be, *keep on believing*.

JESUS CHRIST WILL HONOR YOUR PERSEVERING FAITH. A man who had just been told that his daughter was dead did not give up. He had absolute faith that Jesus Christ would solve this seemingly unsolvable problem. “...He went in where the little girl was lying. Gripping her [firmly] by the hand, He said to her, Talitha cumi--which translated is, Little girl, I say to you, arise [from the sleep of death]! And instantly the girl got up and started walking around--for she was twelve years old.” (Mark 5:40-41-42)

Jesus Christ will meet your needs today just as he met the needs of this family many years ago. Keep on believing. Absolutely refuse to give up whenever you face severe adversity.

YOU CAN LEARN HOW NOT TO BE DISTURBED BY ADVERSITY. Be like the apostle Paul who said, “...I have learned how to be content (satisfied to the point where I am not disturbed or disquieted) in whatever state I am.” (Philippians 4:11)

Meditate on the words “I have learned” in this verse. If the apostle Paul learned how to be content without being “disturbed or disquieted,” regardless of the severity of any problem he faced, you *can* learn this same lesson. Meditate continually on the magnificent promises and instructions from God in this teaching.

THE WORD OF GOD WILL WORK IN YOUR LIFE IN DIRECT PROPORTION TO YOUR FAITH THAT GOD ALWAYS DOES WHAT HE PROMISES TO DO. The Bible speaks of, "...the Word of God, which is effectually at work in you who believe [exercising its superhuman power in those who adhere to and trust in and rely on it]." (I Thessalonians 2:13)

Fill your heart with these supernatural promises from God by meditating on them repeatedly. If you truly believe that God will do what His Word says He will do, the "superhuman power" of God's Word will be released in your life.

DO NOT ALLOW WORDS OF DOUBT AND UNBELIEF TO COME OUT OF YOUR MOUTH. "He who guards his mouth and his tongue keeps himself from troubles." (Proverbs 21:23)

THE WORDS THAT COME OUT OF YOUR MOUTH WHEN YOU FACE ADVERSITY WILL BE DETERMINED BY WHATEVER YOU TRULY BELIEVE IN YOUR HEART. Jesus Christ said, "...out of the fullness (the overflow, the superabundance) of the heart the mouth speaks. The good man from his inner good treasure flings forth good things, and the evil man out of his inner evil storehouse flings forth evil things." (Matthew 12:34-35)

YOU CAN BE ABSOLUTELY CERTAIN THAT GOD ALWAYS DOES WHAT HE PROMISES TO DO. "God is faithful (reliable, trustworthy, and therefore ever true to His promise, and He can be depended on)..." (I Corinthians 1:9)

God is completely reliable and trustworthy. If God says that He will do something, do not doubt Him. He is "ever true to His promise. He can be depended on." "...not one thing has failed of all the good things which the Lord your God promised concerning you. All have come to pass for you; not one thing of them has failed." (Joshua 23:14)

This month's teaching is *filled* with promises and instructions from God that tell you *exactly* what to do when you face adversity. I pray that you will consistently study and meditate on these promises and instructions from God whenever you face severe adversity.