

How to Handle Adversity

Attitude towards adversity will matter:

Count it all Joy-

James 1:2

Count it all joy, my brothers, when you meet trials of various kinds,

IQ

measures an individual's intelligence – his or cognitive abilities, reasoning capacity

EQ

Emotional intelligence (otherwise known as **emotional quotient** or EQ) is the ability to understand, use, and manage your own **emotions** in positive ways to relieve stress, communicate effectively, empathize with others

AQ

the ability to handle adversities well.

- A.Q. speaks of resilience
- It is one of the most sought-after characteristics today
- It is known by many other names: grit, backbone, fortitude, persistence, tenacity, and self-sufficiency.
- Unlike I.Q. and E.Q., employers associate A.Q. with stability, strength, and power.

1 Peter 5:8-10

Be sober-minded

- be in control – be sober – not intoxicated not just with wine – spiritual intoxication
- Self-control – being on control of ones `senses – not being influenced by excessive emotions or desires

1 Pet 1:13

Therefore, preparing your minds for action, and being sober-minded, set your hope fully on the grace that will be brought to you at the revelation of Jesus Christ.

Be watchful:

- Be alert
- Be awake
- Beware
- Be vigilant

WHY?

There is a devil on the loose

Vs 9 – Resist him

- Oppose him
- Set yourself against him and Withstand him

James 4:7

Submit yourselves therefore to God. Resist the devil, and he will flee from you.

How do we resist him?

Firm in our faith

- Resolute in our faith
- Unshakable in our faith
- Unwavering in our faith

“... after that ye have suffered a while, make you perfect, stablish, strengthen, settle you”

I. Prayer

“The effectual fervent prayer of a righteous man availeth much” (James 5:16).

- A. Many people do not even pray when adversity strikes. They depend solely on human effort, and of course, they fail

Luke 18:1

And he told them a parable to the effect that they ought always to pray and not lose heart.

- That we MUST always pray and not be discouraged/
disheartened/depressed/melancholy

MSG

- Praying consistently and never quitting

- B. Prayer changes things and people. Through prayer, we receive God's comfort and help in time of trouble

1 Thess. 5:16-17

Be cheerful no matter what; pray all the time; thank God no matter what happens. This is the way God wants you who belong to Christ Jesus to live.

II. Promises

2 Pet. 1:3-4

His divine power has granted to us all things that pertain to life and godliness, through the knowledge of him who called us to his own glory and excellence, by which he has granted to us his precious and very great promises, so that through them you may become partakers of the divine nature, having escaped from the corruption that is in the world because of sinful desire.

- A. Some believers are defeated in times of difficulty because they do not appropriate God's promises to their needs.

- B. God's promises are powerful; they never fail.

They can meet the deepest needs of those who believe them

1 Peter 5:7

casting all your anxieties on him, because he cares for you.

Ps. 91:14-15

Because he^[b] loves me," says the LORD, "I will rescue him; I will protect him, for he acknowledges my name. He will call on me, and I will answer him; I will be with him in trouble, I will deliver him and honor him.

Isa. 43: 1-2

do not fear – for I have redeemed you, I have summoned you by name, you are mine.

When you pass through the waters, I will be with you

And when you pass through the rivers, they will not sweep you, when you walk through the fire, you will not be burned; the flames will not set you ablaze

III. Patience

"But let patience have her perfect work, that ye may be perfect and entire, wanting nothing" (James 1:4).

- A. It is difficult to be patient in time of adversity. We become fretful and frustrated as the hardship continues.
- B. God has a purpose in what He allows for us. We should look for the good in each trial and should wait patiently for His will to be worked out in our lives.

Rom. 8:28

And we know that in all things God works for the good of those who love him, who^[a] have been called according to his purpose

IV. Perseverance

Phil. 3:13–14

Brethren, I do not count myself to have^[a] apprehended; but one thing I do, forgetting those things which are behind and reaching forward to those things which are ahead, ¹⁴ I press toward the goal for the prize of the upward call of God in Christ Jesus.

- A. Many give up when trouble strikes. They blame God or other people.
- B. We must be persistent and keep working to improve difficult situations. We must have faith that God will see us through

Heb. 10:23

Let us hold fast the confession of our hope without wavering, for He who promised is faithful

V. Praise

"In everything give thanks: for this is the will of God in Christ Jesus concerning you" (1 Thess. 5:18).

A. This command is sometimes difficult to obey. How can one praise God in the midst of adversity?

B. Praise the Lord, anyhow! He loves you. He died for you. When we praise, we look for the good and not the bad.

Praise brings the victory – Paul and Silas – chose to praise – even in prison

Acts 16 – even in the inner prison, with their feet fastened in stocks – prayed and sang hymns to God – instead of complaining and winning to him.