

How to Overcome Life's Stresses

Introduction:

We never appreciate true security more than when we are facing perilous times. Psa. 46:1-3 – those who have firm confidence in God have a great security. When events occur that seemingly cannot be explained, we are tempted to wonder if God cares. What do we do when such times arise? How can we remain secure in our faith when the day to day stress occurs in our lives?

In our lesson today we'll explore 3 specific ways we can handle life's problems and not be destroyed.

I. Demonstrate an Unfailing Commitment

- A. 2:1 - Although he did not understand God's plan, Habakkuk waited for the day for it to be completed.
- B. The only way we can overcome our trials is to be committed to God.
 1. Part of our problem today is that we aren't very good at waiting.
 2. To overcome life's stresses we must make God a part of the solution.
 - a. Wholehearted consecration to God brings wholehearted confidence in God's power.
 3. Understand God is able...
 - 1) 2 Tim. 1:12 - To guard
 - 2) Eph. 3:20 - To bless and help; to do far more than we think possible
 - 3) Acts 16:25; 2 Cor. 12:10 - To deliver
 4. Psalm 73:25-28 - Let us remember God is able to respond to life's trials.

II. Respond Enthusiastically to God's Word

- A. 2:2 - Habakkuk was told to write down God's response.
- B. Psa. 119:97-104 - God's word continues to give answers for those who seek divine counsel.
 1. Psa. 119:165 - Those who read God's word; lean on its teachings will find great peace.
 2. 2 Pet. 3:8 - Patience is needed when consulting God and His counsel.
 - a. He may not answer us on our timetable.

III. Be Diligent to Work

- A. Habakkuk resolved to not let his current situation keep him from serving God.
 1. 1 Cor. 15:58 -Even when tempted to give up, we must remain active.
 2. By continuing to work for the Lord we will reduce the stress in our life.
- B. Heb. 10:35-39 – we must be active in the service of God!
 1. Failure to be active assures further discouragement.

Conclusion

- A. God is *able* to answer any problem in life.
 1. Why were the first century Christians so successful? Because of a deep abiding, unshakeable trust in God!
 2. Do you have this kind of trust?
- B. Do you trust your God to help you in times of need?