



## How Do I Trust God in Times of Trouble?

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*In this world you will have trouble. But take heart! I have overcome the world.* John 16:33

1. Trouble is a part of **life** here on earth.

It's common for us to trust in our:

- Stuff – **money**, resources, jobs
- Self – our strength, **health**, intellect, ability
- Relationships – people we **love** or idolize
- Structure – democracy, organization and **rules**

Trouble leads to: fear, anxiety, and **stress**.

We worry about things that *might* happen.

2. In the midst of trouble, God invites us to take **heart!**

- The Bible says “Do not **fear**” more than 300 times. It is the most-often repeated encouragement and instruction.

3. We can **trust** in God through the trouble.

*“Always be full of joy in the Lord. I say it again—rejoice! ...*

*<sup>6</sup> Don't worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done. <sup>7</sup> Then you will experience God's peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus.*

*<sup>8</sup> And now, dear brothers and sisters, one final thing. Fix your thoughts on what is true, and honorable, and right, and pure, and lovely, and admirable. Think about things that are excellent and worthy of praise. <sup>9</sup> Keep putting into practice all you learned and received from me—everything you heard from me and saw me doing. Then the God of peace will be with you.”*

--Philippians 4:4-9 (NLT)

**The CALM Choice** (adapted from *Anxious for Nothing*, Max Lucado)

**C** – **Celebrate** God's goodness. **Rejoice** always. Philippians 4:4  
*“And we know that God causes everything to work together for the good of those who love God and are called according to his purpose for them.”* Romans 8:28

**A** – **Ask** God for help. Present your requests to God. Philippians 4:6

*“Give all your worries and cares to God, for he cares about you.”* 1 Peter 5:7 (NLT)

**L** – **Leave** your concerns with him, with **thanksgiving**. Philippians 4:6b-7

*“The formula is simple: Perceived control creates **calm**. Lack of control gives birth to **fear**”* (Max Lucado).

**M** – **Meditate** on good things. Think about things that are **worthy** of praise.

Philippians 4:8-9

- **Fix** your thoughts....” (Also translated: “Dwell on,” and “Think about.”)
- Ask and filter. Is this thought: *True? Honourable? Right? Pure? Lovely? Admirable?*

*“I am confident I will see the LORD's goodness while I am here in the land of the living”* Psalm 27:13 (NLT)

**Worry Robs Us**

- Jesus warns us about the **danger** of worry. *“Be careful, or your hearts will be weighed down with...the anxieties of life”* Luke 21:34 (NIV)
- Jesus reasons with us about worry. It’s not **worth** it. *“Can all your worries add a single moment to your life?... So don’t worry about tomorrow, for tomorrow will bring its own worries. Today’s trouble is enough for today”* Matthew 6:27, 34

### **The Gifts of Peace**

- Strength. *“For God has not given us a spirit of fear and timidity, but of **power**, love, and self-discipline.”* 2 Timothy 1:7 (NLT)
- A Sound Mind. *“I am leaving you with a gift—peace of **mind** and heart. And the peace I give is a gift the world cannot give. So don’t be troubled or afraid.”* John 14:27(NLT)
- Victory. *“I have told you these things, so that in me you may have peace. In this world you will have trouble. But take heart! I have **overcome** the world.”* John 16:33 (NLT)