

- I. "33 "These things I have spoken to you, that in Me you may have peace. In the world you will have tribulation; but be of good cheer, I have overcome the world."" (Jhn 16:33 NKJV) –
- II. "1 Therefore, having been justified by faith, we have peace with God through our Lord Jesus Christ, 2 through whom also we have access by faith into this grace in which we stand, and rejoice in hope of the glory of God. 3 And not only [that], but we also glory in tribulations, knowing that tribulation produces perseverance; 4 and perseverance, character; and character, hope. 5 Now hope does not disappoint, because the love of God has been poured out in our hearts by the Holy Spirit who was given to us." (Rom 5:1-5 NKJV) –
- III. Life is hard.
 - A. Normal hardship
 - B. Hardship that happened to you
 - C. Hardship that is your fault
- IV. What we tend to do that we shouldn't
 - A. Measure- self pity/dismissal
 - B. Run - get me out of this
 - C. Think something is wrong
 - 1. "12 Dear friends, don't be surprised at the fiery trials you are going through, as if something strange were happening to you." (1Pe 4:12 NLT) –
 - D. Interpret hard as a measure of God's love or favor
- V. What TO DO
 - A. Accept
 - B. Repent
 - C. Forgive
 - D. Lean in
 - 1. to God
 - a) PRAYER
 - (1) be honest
 - (2) Let the psalms give you permission
 - b) WORSHIP
 - (1) worship through the pain
 - (2) weep with Him
 - c) WORD
 - (1) dive deep
 - (2) let it Him wash you
 - (3) the word will ground you, keep you, lead you, protect you
 - d) COMMUNITY

(1) God gives grace to the humble