**Introduction:** You think you’ve got it bad?

- Read Hebrews 10:32-35 . . .

- Listen to God’s instruction to this faltering group of Christians:

  *For you have need of endurance so that when you have done the will of God, you might receive what was promised.*

  Hebrews 10:36 (NASB)

  *Therefore, since we are surrounded by such a great cloud of witnesses, let us throw off everything that hinders and the sin that so easily entangles, and let us run with perseverance the race marked out for us.*

  Hebrews 12:1 (NIV)

  Don’t give up! Don’t give in! Don’t opt out!

  Why? You will receive an unspeakable reward (now & later)

  In 3 words: ___________________  __________________   _______________!

  No Matter What!
How can I “Keep Pressing Ahead” in MY impossible situation?

**Step #1 – Understand the basics**

- You____________________; but Christ can.          Philippians 4:13
- ________________God wants to help you.              Psalm 34:19
- ________________you need His help.                  Psalm 34:18
- ________________out for His help.                   Psalm 34:17

**Step #2 – Stop believing the lies about adversity**

- It’s normal.                                        John 16:33, 2 Timothy 3:12
- It’s expected.                                      1 Peter 4:12
- It’s purposeful.                                    Romans 5:1-5
- It’s powerful.                                      1 Peter 5:10
- It’s temporary.                                     2 Corinthians 4:16-18

Adversity is an uninvited, unwanted friend in the hands of an all knowing God whose purpose is to wean us of our self-dependency and pride, usher us into deeper intimacy with Jesus, and redirect our paths to insure our greatest good and His greatest glory.

Resource:  The 9 to 5 Window – *How Faith Can Transform the Workplace* by Oz Hillman
Step #3 – Learn to handle adversity like Nehemiah

<table>
<thead>
<tr>
<th>Chapter</th>
<th>4</th>
<th>5</th>
<th>6</th>
<th>7</th>
<th>8</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cause of Adversity</td>
<td>Obedience</td>
<td>Disobedience</td>
<td>Personal Attack</td>
<td>Circumstances</td>
<td>God’s Discipline</td>
</tr>
<tr>
<td>Typical Response</td>
<td>Give up</td>
<td>Conform</td>
<td>Fear</td>
<td>Lose Heart</td>
<td>Ignore</td>
</tr>
<tr>
<td>Nehemiah’s Response</td>
<td>Pray/Prepare</td>
<td>Confront</td>
<td>Fight</td>
<td>Look for Plan B</td>
<td>Submit</td>
</tr>
<tr>
<td>God’s Deliverance</td>
<td>Enemies Thwarted</td>
<td>Repentance &amp; Unity</td>
<td>Protection</td>
<td>A New Game-plan</td>
<td>Revival</td>
</tr>
</tbody>
</table>

Timeless Truth

“\textit{I can do all things through Christ who gives me strength.}” Philippians 4:13

Motto

“\textit{I can’t, He never said I could; He can, He always said He would.}”

Step #4 – Discern the source of your adversity

- Physical exhaustion ➔ __________________________ 1 Kings 19
- Consequence of sin ➔ __________________________ Galatians 6:7-8
- Spiritual warfare ➔ __________________________ Ephesians 6:10-12
- God’s discipline ➔ __________________________ Hebrews 12:5-11
- Negative circumstances ➔ __________________________ James 1:2-4
Application / Discussion Questions:

1. **Read** Nehemiah chapters 4-8 this week.

2. **Identify** the most “ad-verse” situation, problem in your life.

3. Attempt to **discern** the **source(s)** of your adversity.

4. **Identify** the Biblical response that ushers in “God’s strength” and grace to your situation. (see chart of page 3)

5. Process your answers/conclusion to assignments with a **trusted friend**, mentor and/or your small group.

6. **Develop and verbalize** a specific game-plan to put into action your response of faith and obedience to experience God’s strength and provision in your life.