

6 things to **DO** amidst Tribulation:

1. Obey

- **Phil 2:14** Do all things without complaining and disputing
- **Phil 4:5** Let your gentleness be known to all men. The Lord *is* at hand.

2. Hunker down

- **Jam 1:2-4** My brethren, count it all joy when you fall into various trials, ³ knowing that the testing of your faith produces patience. ⁴ But let patience have *its* perfect work, that you may be perfect and complete, lacking nothing. (Phil 4:1, 1 Cor 10:12-14)

3. Focus on Christ...His Truths and Promises

- **Isaiah 26:3** You will keep *him* in perfect peace, *Whose* mind *is* stayed on *You*, Because he trusts in You. (Pro 12:25, Phil 4:8-9)

4. Ask of God...deliverance, endurance, wisdom

- **Phil 4:6-7** Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God; ⁷ and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus. (Jam 1:5-8)

5. Thank Him

- **Psa 118:24** This *is* the day the LORD has made; We will rejoice and be glad in it.....(Psa 113:1-3, Phil 4:6-7, Rom 5:3-4, Jam 1:2-4, 1 The 5:16-18)

6. Today, not tomorrow focused

- **Matt 6:33-34** "But seek first the kingdom of God and His righteousness, and all these things shall be added to you. ³⁴ "Therefore do not worry about tomorrow, for tomorrow will worry about its own things. Sufficient for the day *is* its own trouble. (Jam 4:13-17)

6 things to **KNOW** amidst Tribulation

1. **God is Sovereign**

- **Job 1:21** And he said: "Naked I came from my mother's womb, And naked shall I return there. The LORD gave, and the LORD has taken away; Blessed be the name of the LORD." (Dan 4:35, Isa 46:8-10, Lam 3:37-39)

2. **God is Good**

- **Rom 8:28** And we know that all things work together for good to those who love God, to those who are the called according to *His* purpose. (Gen 50:20, 45:5, 45:8)

3. **Tribulation is Normal**

- **1 Peter 4:12** Beloved, do not think it strange concerning the fiery trial which is to try you, as though some strange thing happened to you; (Eccl 7:13-14, 1 Pet 4:17, 2 Tim 3:12-13, Heb 12:6, Gen 47:9, 1 Pet 5:8-9)

4. **Tribulation is God's Grace**

- **Philippians 1:29** For to you it has been granted on behalf of Christ, not only to believe in Him, but also to suffer for His sake (Phil 1:3-8, 1 Pet 5:10-11)

5. **Your Earthly Race**

- **Heb 12:1-2** Therefore we also, since we are surrounded by so great a cloud of witnesses, let us lay aside every weight, and the sin which so easily ensnares *us*, and let us run with endurance the race that is set before us, ² looking unto Jesus, the author and finisher of *our* faith, who for the joy that was set before Him endured the cross, despising the shame, and has sat down at the right hand of the throne of God. (1 Cor 15:58, John 6:66-68, Heb 12:1-2, Eph 4:11-16)

6. **Your Heavenly Prize**

- **2 Cor 4:17** For our light affliction, which is but for a moment, is working for us a far more exceeding *and* eternal weight of glory, (Col 3:1-4, 1 Pet 4:7-11, 1 Cor 9:24-27)