



# STILLNESS in STRUGGLES

Sunday, October 29, 2017

## A QUIET COMMITMENT:

- QUIET your mind and soul before the LORD — “*Be still, and know that I am God*” (Psalm 46:10)
- COMMIT to obedience: *Commit* to doing whatever God will say to you in this message — “*to obey is better than sacrifice*” (1 Samuel 15:22)

## Q: What stabilizing truths do you hold on to in the storms of life?

A: God’s *praiseworthy purpose*, to conform us into the image of Christ (Romans 8:28-29).

A: God’s *purging process* (1 Peter 1:6-7) brings about change as we meditate upon the likeness of Christ (2 Cor. 3:18)

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### Stillness in Struggles (Psalm 46:10)

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The main truth: **When we are still before God, we will hear His still small voice speaking His stabilizing truths which will lead to quietness—*spiritual stability* in the storms of life.**

**Goal:** Our goal in these messages is to understand the role of stillness in the struggles of life in order that we would worship God through life’s storms.

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### Stillness through Stabilizing Truths (Philippians 4:8-9)

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We see from this passage that the **right prayer** *brings* God’s kind of peace but it is also important to see how the **right perspective** and **practice** helps us to *maintain* this peace—a life of spiritual stability.

I. Be *intentional* in the right *pursuit* which brings peace—SPIRITUAL STABILITY

In life, **our thoughts determine our actions**. When we begin to track the way we think we will begin to see the reason behind our behavior.

II. Intentionally pursue a right perspective that maintains peace (v. 8)

Q: What do your thoughts say about you (Proverbs 23:7a)?

2 Corinthians 10:5 Casting down imaginations, and every high thing that exalteth itself against the knowledge of **God**, and bringing into captivity \_\_\_\_\_ thought to the obedience of **Christ**;

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Questions to ask concerning the content of our thoughts.

- A. Is it true? — “*whatsoever things are true*”
- B. Is it worthy of worship? — “*whatsoever things are honest*”
- C. Is it righteous? — “*whatsoever things are just*”
- D. Is it pure? — “*whatsoever things are pure*”
- E. Is it kind? — “*whatsoever things are lovely*”
- F. Is it worth talking about? — “*whatsoever things are of good report*”

III. Intentionally pursue a right \_\_\_\_\_ that maintains peace (v. 9a)

The Greek word, *prassō*, translated “do” carries the idea of repetition or an action that is \_\_\_\_\_.

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Matthew 7:24-25 Therefore whosoever heareth these sayings of **Mine**, and \_\_\_\_\_ **them**, I will liken him unto a wise man, which built his house upon a rock

James 1:22 But be ye \_\_\_\_\_ of the Word, and not hearers only, deceiving your own selves.

A. Regarding Paul’s \_\_\_\_\_

Hebrews 13:7 Remember them which have the rule over you, who have spoken unto you the Word of **God**: whose faith \_\_\_\_\_, considering the end of their conversation.

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1. Practice what you have \_\_\_\_\_
2. Practice what you have \_\_\_\_\_

B. Regarding Paul's Testimony

1 Corinthians 11:1 Be ye \_\_\_\_\_ of me, even as I also *am* of Christ.

Philippians 3:17 Brethren, be followers together of me, and mark them which walk so as ye have us for an [*example*].

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1. Practice what you have \_\_\_\_\_

2. Practice what you have \_\_\_\_\_

**Application:** What are you actively doing with your *thoughts* and *actions*?

Q: Are you intentionally pursuing a right perspective that maintains peace?

Q: Are you intentionally pursuing a right practice that maintains peace?

Consider the "**Blessed Man**" from Psalm 1 as a Godly man who was intentionally pursuing the right *perspective* and the right *practice*.

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IV. The Promise of God's \_\_\_\_\_ (v. 9b)

Hebrews 13:5-6 Let your conversation be without covetousness; and be content with such things as ye have: for **He** hath said, I will never leave thee, nor forsake thee. **6** So that we may boldly say, The **Lord** is my helper, and I will not fear what man shall do unto me.

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Cf. Isaiah 41:10

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Hebrews 4:16 Let us therefore come boldly unto the throne of grace, that we may obtain mercy, and find grace to \_\_\_\_\_ in time of need.

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**What is my next step?** Please consider doing the questions on the back of this page.

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## What Is My Next Step?

**Hearing** — Giving *attention* to God's Word with the intent to obey it — James 1:21-25

**Doing** — Making *application* of God's Word to be more like Christ — Eph. 4:22-24

Date: \_\_\_\_\_ Text: \_\_\_\_\_ Speaker: \_\_\_\_\_

1. What did God show **me** that **I** must confess and forsake because it does not reflect Christ and hurts **my** relationship with Him and others? (**Put OFF SIN**)
2. What did God show **me** about Himself in this text? (**Renew your mind**)
  - a. What is He like?
  - b. What does He like?
  - c. What does He dislike?
3. What does God say to me in this text? (**Renew your mind**)
  - a. What command to obey?
  - b. What promise to claim?
  - c. What principle to apply (*If I do \_\_\_\_\_, then God will do \_\_\_\_\_*)?
  - d. What example to follow?
4. What verse(s) should **I** memorize and meditate upon through-out this week to help make **my** change lasting? (**Renew your mind**)
5. In light of what **I** have heard from God, ... (**Put ON CHRIST**)
  - a. What character quality of Jesus must **I** demonstrate *with God's help* this week?
  - b. In what situations will **I** most likely be tempted not to respond in a Christ-like way?
  - c. How can **I** get ready for those situations? (*If I don't have a plan for change, it probably won't happen.*)



OUR MISSION: to Supremely love GOD,  
Sacrificially love others  
—ALL to the GLORY of GOD!