

A small green seedling with two leaves is growing out of a hole in the sand. The sand is light-colored and textured. The seedling is positioned on the right side of the frame. The text 'GROWING THROUGH OUR CHALLENGES' is overlaid in white, bold, sans-serif font on the left side of the image.

GROWING THROUGH OUR CHALLENGES



**TODAY: GROWING PAST THE
TOUGH STUFF**

PSALM 62

PSALM 62

Truly my soul finds rest in
God; my salvation comes
from him.

² Truly he is my rock and my
salvation;
he is my fortress, I will
never be shaken.

³ How long will you assault
me? Would all of you throw
me down— this leaning wall,
this tottering fence?

⁴ Surely they intend to topple
me from my lofty place;
they take delight in lies.
With their mouths they
bless, but in their hearts
they curse.



PSALM 62, CONTINUED

⁵ Yes, my soul, find rest in God; my hope comes from him.

⁶ Truly he is my rock and my salvation;
he is my fortress, I will not be shaken.

⁷ My salvation and my honor depend on God;
he is my mighty rock,
my refuge.

⁸ Trust in him at all times,
you people;
pour out your hearts to him,
for God is our refuge.



PSALM 62, CONT.

⁹ Surely the lowborn are but a breath, the highborn are but a lie.

If weighed on a balance, they are nothing; together they are only a breath.

¹⁰ Do not trust in extortion or put vain hope in stolen goods;

though your riches increase do not set your heart on them.

¹¹ One thing God has spoken, two things I have heard: “Power belongs to you, God,

¹² and with you, Lord, is unfailing love”; and, “You reward everyone according to what they have done.”

SOME TOUGH THINGS WE EXPERIENCE

- Constant barrage of attacks – criticisms, threats
 - Unrelenting pressures and burdens we carry for a long time
 - Hurtful betrayals
 - Loneliness and grief
 - A constant sense of helplessness and vulnerability
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THE PAIN OF BETRAYAL

“If an enemy were insulting me, I could endure it; if a foe were rising against me, I could hide. But it is you, a man like myself, my companion, my close friend, with whom I once enjoyed sweet fellowship at the house of God, as we walked about among the worshipers” (Psalm 55:12-14).

Will you ever be able to trust people again?



POSTTRAUMATIC STRESS DISORDER

- Inability to move on after a traumatic event
 - Constantly thinking about it months or years afterwards
 - Re-experiencing the traumatic event – flashbacks, nightmares, memories
 - Avoidance, emotional numbness, depression, loss of interest in life, feel as though you are cursed
 - Increased anxiety, sleeplessness, difficulty concentrating, tension, inability to relax, anger, irritability, guilt, shame
 - Helplessness
- 

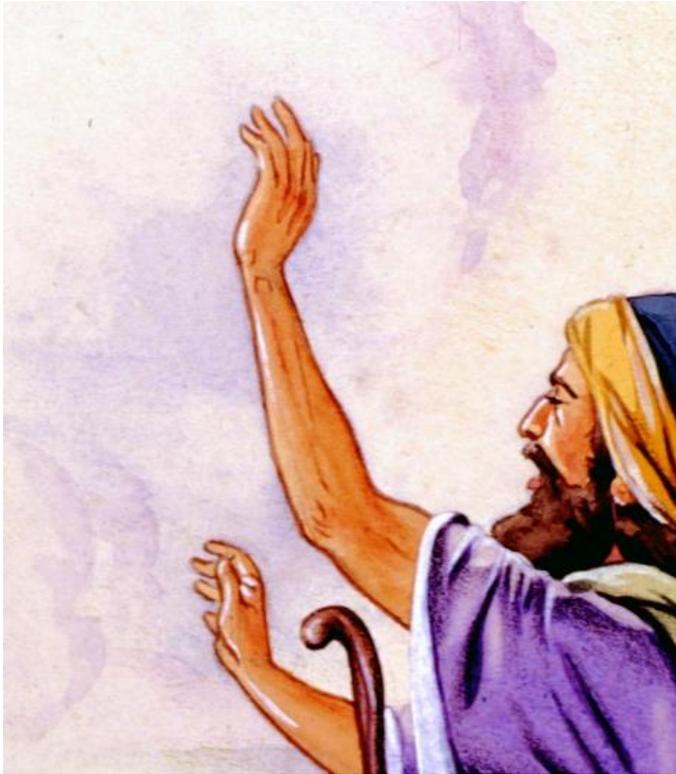
HOW CAN WE GROW PAST THE TOUGHER THINGS IN LIFE?

- Learn to Live in God's Power, 62:1-4
- Learn to Rest in God's Protection, 62:5-8
- Learn to Trust in His Permanency, 62:9-12

1. LEARN TO LIVE IN HIS POWER, 62:1-4

- David affirmed who God is – “My soul finds rest in God alone”
 - These words carry the idea of the ownership of God of my soul.
 - God has the right to lay upon me whatever He will, and I accept this as my lot given me by the Heavenly Father.
 - God will strengthen us to endure whatever He allows us to experience. Yet sometimes His strength is only sought after we have felt overwhelmed by the problem.
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DAVID IN A CRISIS



1 Samuel 30

He and his men had lost everything and they talked of stoning him.

He fell on his face before the Lord and found divine strength

He rallied his men, they chased down the enemy and regained all that was stolen

2. LEARN TO REST IN HIS PROTECTION, 62:5-8

- “Find rest my soul in God alone, my hope comes from him. He alone is my Rock and my salvation.”
- “Trust in him at all times, O people; pour out your hearts to him...”
- Rest in God is found through prayer, through pouring out our hearts to Him.

THE STRENGTH TO RISE ABOVE OUR LIMITATIONS



Isaiah 40:29-31 – “He gives strength to the weary...they that wait upon the Lord shall renew their strength, they shall mount up with wings as eagles, they shall run and not grow weary, they shall walk and not be faint.”

PRAYER IS COSTLY

- It costs us time
- It costs us concentration
- It costs us emotional investment
- It costs us volitional surrender to the will of God
- It pays in dividends far beyond what it requires us to give

3. LEARN TO TRUST IN HIS PERMANENCY, 62:9-12

- God will outlast every problem we face
 - “Lowborn men are but a breath, the highborn are but a lie: if weighed in the balance, they are nothing, together they are only a breath” (Psalm 62:9).
 - “One thing God has spoken, two things have I heard: that you, O God, are strong, and that you, O Lord, are loving” (Psalm 62:11-12).
 - “In all these things we are more than conquerors through Him who loved us” (Romans 8:37).
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MILAN CATHEDRAL

- Above three gates is written:
 - “The things that please are temporary”
 - “The things that disturb us are temporary”
 - “Eternal are the important ones”
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LIVING BY YOUR DREAM OR BY GOD'S VISION

A DREAM

Self-centered

What we can do or
receive

Character is less
important than
results

Illusive goal of
personal happiness

GOD'S VISION

God-centered

What God can do in us and
through us

Character is more important
than visible results

Goal is the fulfillment of God's
plan for me for His glory

RIGHT NOW, THROUGH FAITH, YOU HAVE THE POWER TO CHANGE YOUR ATTITUDE

- Today you can trust in God's power. You can cry out to Him in faith.
 - Today you can rest in His protection. You can leave your concerns into the hands of God, pouring out your heart to Him in faith.
 - Today you can trust that God will outlive all of your problems. What troubles you is temporary.
 - Today you can begin again with God.
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