

30 Days to a no-regrets life

I. How we handle external difficulties and internal failures, determines our destiny.

II. External difficulties:

- 1.) Unfortunate circumstances, hardships and tragedies:

Job 1:18-20 NIV ¹⁸ While he was still speaking, yet another messenger came and said, "Your sons and daughters were feasting and drinking wine at the oldest brother's house, ¹⁹ when suddenly a mighty wind swept in from the desert and struck the four corners of the house. It collapsed on them and they are dead, and I am the only one who has escaped to tell you!" ²⁰ At this, Job got up and tore his robe and shaved his head. Then he fell to the ground in worship.

III. Internal failures:

- 1.) Conscious or unconscious disobedience.
2.) Moral failure.

II Samuel 11:4, 15 NIV ⁴ Then David sent messengers to get her. She came to him, and he slept with her. Then she went back home. ¹⁵ In it he wrote, "Put Uriah in the front line where the fighting is fiercest. Then withdraw from him so he will be struck down and die."

IV. Unhealthy emotions that indicate we did not handle external difficulties and internal failures with humility:

- 1.) Anger (Life is unfair).

Ephesians 4:26-27 NIV ²⁶ "In your anger do not sin": Do not let the sun go down while you are still angry, ²⁷ and do not give the devil a foothold.

- 2.) Self Pity (Victimization)

- 3.) Blame (Not my fault)

Job 1:22 NIV ²² In all this, Job did not sin by charging God with wrongdoing.

Psalms 51:3-4 NIV ³ For I know my transgressions, and my sin is always before me. ⁴ Against you, you only, have I sinned and done what is evil in your sight, so that you are proved right when you speak and justified when you judge.

- 4.) Condemnation (I'm no good)

Romans 8:1 NIV ¹ Therefore, there is now no condemnation for those who are in Christ Jesus.

V. We must learn humbly and act graciously.

I Peter 4:1-2 The Msg ¹⁻² Since Jesus went through everything you're going through and more, learn to think like him. Think of your sufferings as a weaning from that old sinful habit of always expecting to get your own way. Then you'll be able to live out your days free to pursue what God wants instead of being tyrannized by what you want.