



**NO PAIN
NO GAIN**

**Dealing with Life's Struggles
Part 1a**

October 6, 2019

The Struggle Principle



The Struggle Principle

The Christian Life Requires Us to...

...Walk by Faith Not by Sight (2 Cor 5:7)

Move Beyond Our:

- **Feelings**
- **Limitations**

Prepare for Battle:

- **Major Events (*Expected*)**
- **Everyday Struggles (*Unexpected*)**



The Struggle Principle

When We Choose to Walk by Faith

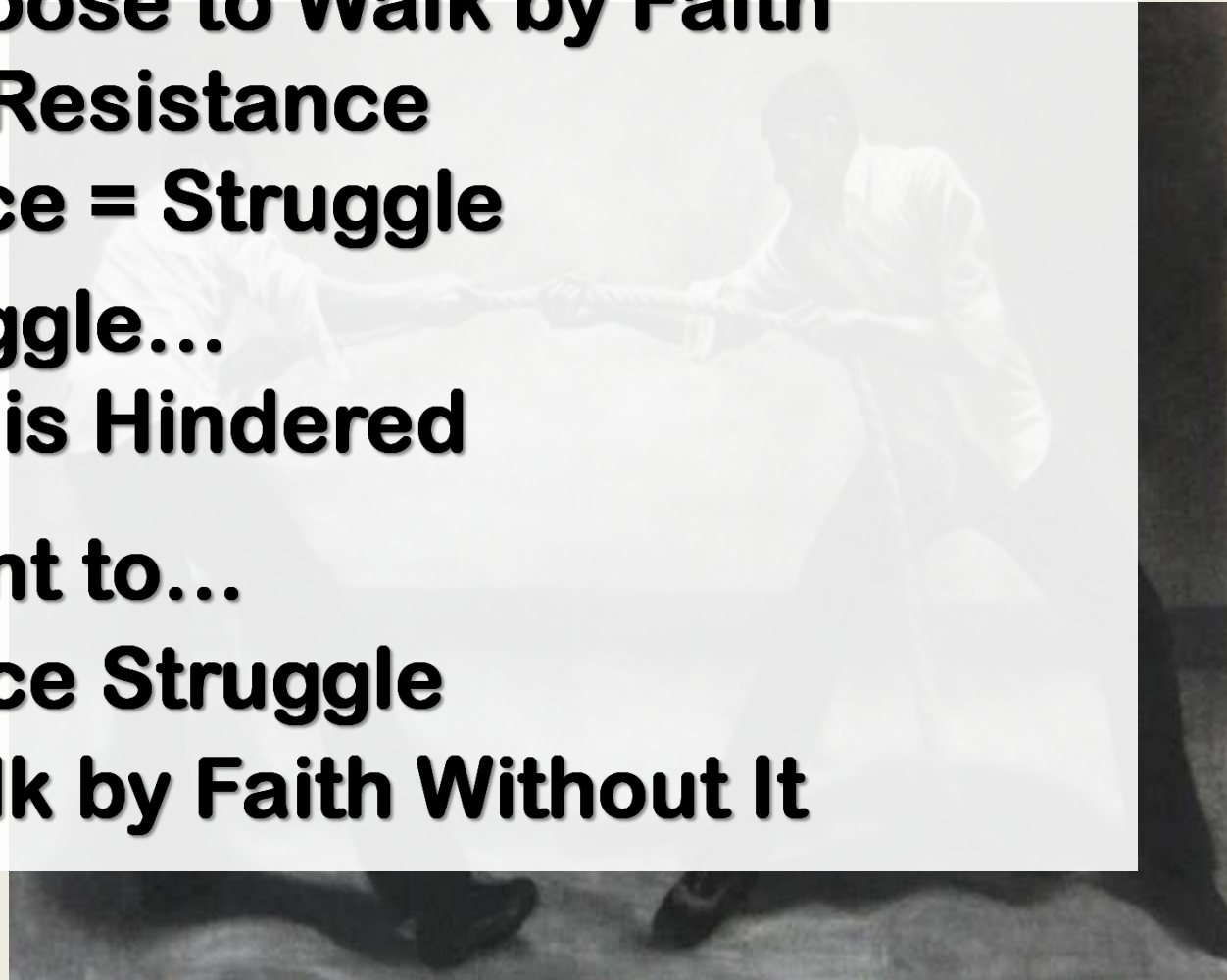
- **Met with Resistance**
- **Resistance = Struggle**

Without Struggle...

...Faith is Hindered

We Don't Want to...

- **Experience Struggle**
- **Can't Walk by Faith Without It**



The Struggle Pri



When We Choose to Walk by

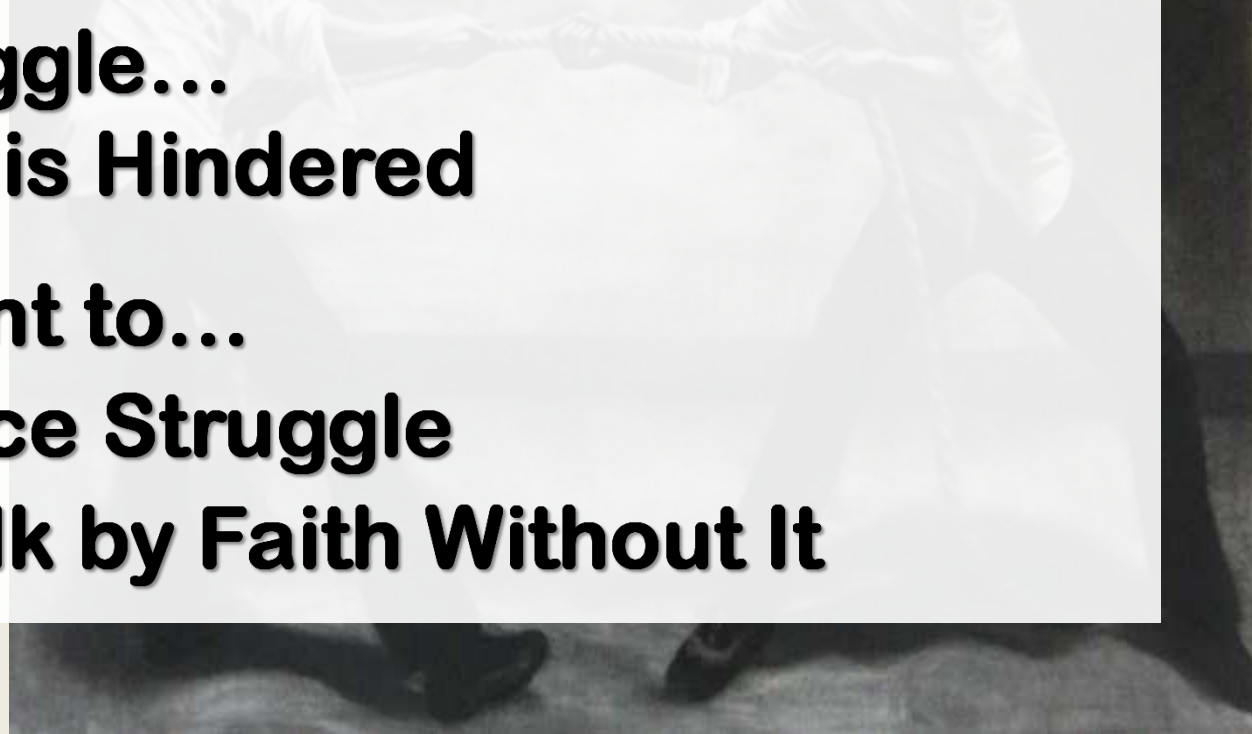
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Faith Without Struggle is...

**WITHOUT STRUGGLE
THERE IS NO PROGRESS**

Faith Without Struggle is...

- Weak
- Puny
- Ineffective
- Wishful thinking

**WITHOUT STRUGGLE
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The Struggle Principle

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The Struggle Principle

**Whenever God Gives Us a Promise...
He Also...**

...Gives Us a Problem

...Problems Produce Struggle

- Abraham
- David

Faith Causes Us to Grasp the Promise...

...Problems Cause the Promise to Grab Back

**WITHOUT STRUGGLE
THERE IS NO PROGRESS**

The Struggle Principle

**WITHOUT STRUGGLE
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The Struggle Principle

Has God Given You a Promise...
And Your Facing...?

- Loss
- Hurt
- Health Problems

Remember...

**WITHOUT STRUGGLE
THERE IS NO PROGRESS**

Struggle is a Sign...



Struggle is a Sign...

#1- There is Still Life in You!

- Potential

2 Cor 4:8-10- ⁸ We are troubled on every side, yet not distressed; we are perplexed, but not in despair; ⁹ Persecuted, but not forsaken; cast down, but not destroyed; ¹⁰ Always bearing about in the body the dying of the Lord Jesus, that the life also of Jesus might be made manifest in our body.

2 Cor 4:8-10



2 Cor 4:8-10

☐ **Pressed, but not Crushed**

▪ **Something Inside**

“Greater is he that is in you, than he that is in the world” – 1 John 4:4

☐ **I’m Confused, But I’m Not Freaking Out**

▪ **He is in Control**

“And we know that God causes everything to work together for the good of those who love God and are called according to his purpose” – Rom 8:28 NLT

2 Cor 4:8-10



2 Cor 4:8-10

❑ Pursued and Under Attack...

...Not Left Behind

“He will never leave me or Forsake me” -Heb 13:5

- **Never Abandon me Physically or Emotionally**

❑ I'm Knocked Down, Not Knocked Out

- **Fear can Knock You Down**
- **But it Doesn't Have to Keep You Down**

Thank you Lord,
FOR MY
STRUGGLES
for without them,
I would have
never known
MY STRENGTHS.



Thank you Lord

Isa 40:29-31, “He giveth power to the faint; and to them that have no might he increaseth strength. ³⁰ Even the youths shall faint and be weary, and the young men shall utterly fall: ³¹ But they that wait upon the LORD shall renew their strength; they shall mount up with wings as eagles; they shall run, and not be weary; and they shall walk, and not faint”

MY STRENGTHS.