

Acts 18:1-22
August 26, 2018
Sermon Notes

1 Corinthians 2:3 ESV

3 And I was with you in weakness and in fear and much trembling,

"A lot of people think that mental illness means people out of touch with reality. Ninety-nine percent of us - and I include all of us - struggle with mental health issues, and we're not out of touch with reality. Depression is a mental health issue. Worry is a mental health issue. Compulsion is a mental health issue.... Fear is a mental health issue."

Rick Warren

Paul's example of dealing with discouragement:

1. Keep going
2. Look Around
3. Be Still
4. Trust God

1 Kings 19:15 NLT

15 Then the Lord told him, "Go back the same way you came, and travel to the wilderness of Damascus. When you arrive there, anoint Hazael to be king of Aram.

Genesis 2:15 ESV

15 The Lord God took the man and put him in the garden of Eden to work it and keep it.

God gives the birds their food, but He doesn't throw it into their nests.

1 Kings 19:10 ESV

10 He said, "I have been very jealous for the Lord, the God of hosts. For the people of Israel have forsaken your covenant, thrown down your altars, and killed your prophets with the sword, and I, even I only, am left, and they seek my life, to take it away."

1 Kings 19:18 ESV

18 Yet I will leave seven thousand in Israel, all the knees that have not bowed to Baal, and every mouth that has not kissed him."

"There is nothing good or bad, but thinking makes it so."

Shakespeare

Change your thinking (perspective):

- a. Ask questions
- b. Avoid absolutes
- c. Look for exceptions
- d. Take a step back

2 Corinthians 4:17-18 NLT

17 For our present troubles are small and won't last very long. Yet they produce for us a glory that vastly outweighs them and will last forever! 18 So we don't look at the troubles we can see now; rather, we fix our gaze on things that cannot be seen. For the things we see now will soon be gone, but the things we cannot see will last forever.

1 Kings 19:11-12 ESV

11 And he said, "Go out and stand on the mount before the Lord." And behold, the Lord passed by, and a great and strong wind tore the mountains and broke in pieces the rocks before the Lord, but the Lord was not in the wind. And after the wind an earthquake, but the Lord was not in the earthquake. 12 And after the earthquake a fire, but the Lord was not in the fire. And after the fire the sound of a low whisper.

Psalms 46:10 ESV

10 "Be still, and know that I am God. I will be exalted among the nations, I will be exalted in the earth!"

How to be still:

- a. Every day find a quiet place for 15 minutes
- b. Give yourself up to 5 minutes to relax and disengage
- c. Ask God to speak whatever he desires to you
- d. Write down anything you believe God may have said to you
- e. Don't be discouraged if you don't "hear" anything. God is pleased that you simply slowed and sought to listen to His voice.

James 1:2 ESV

2 Count it all joy, my brothers, when you meet trials of various kinds,

"When I began to dig in, I realized I had completely misunderstood joy. No wonder I wasn't experiencing it. I was going after the wrong thing. I was going after an emotion. And what God wanted to give me was himself. The definition of joy I'm working with is a settled assurance that God is in control of all the details of my life. The quiet confidence that ultimately everything is going to be all right. And the determined choice to praise God in all things."

Kay Warren

Deuteronomy 31:6 NLT

6 So be strong and courageous! Do not be afraid and do not panic before them. For the Lord your God will personally go ahead of you. He will neither fail you nor abandon you."

Psalms 20:7 ESV

7 Some trust in chariots and some in horses, but we trust in the name of the Lord our God.