

COURAGE

“Keep On Keeping On” – Part 2 of 5

May 4, 2025

Paul: “We are pressed on every side by troubles, but we are not crushed and broken. We are perplexed, but we don't give up and quit. We are hunted down, but God never abandons us. We get knocked down, but we get up again and keep going.” 2 Corinthians 4:8-9 (NLT '96)

WHAT TO DO WHEN YOU FEEL LIKE GIVING UP

The Example of Job

1. TELL _____ EXACTLY HOW YOU FEEL

“Job stood up, tore his robe in grief, and shaved his head. Then he fell to the ground and worshiped.” Job 1:20 (GW)

“I can't be quiet! I'm angry and bitter. I have to speak!” Job 7:11 (GN)

“Cry out in the night... Pour out your heart like water in prayer to the Lord.”

Lamentations 2:19 (NCV)

Jeremiah (Jeremiah 20:7) Naomi (Ruth 1:20) David (Psalm 88:15)

2. ACCEPT _____ FROM OTHERS

“When desperate people give up on God Almighty, their friends, at least, should stick with them.” Job 6:14 (MSG)

“Encourage each other and give each other strength.”

1 Thessalonians 5:11 (NCV)

“By helping each other with your troubles, you obey the law of Christ.”

Galatians 6:2 (NCV)

3. STOP ASKING _____

“Why didn't I die at birth as I came from the womb? Why did my mother let me live? Why did she nurse me at her breasts?” Job 3:11-12 (NLT '96)

“Why let people go on living in misery? Why give light to those in grief?”

Job 3:20 (GN)

“Who is the Almighty, and why should we obey him? What good will it do us if we pray?” Job 21:15 (NLT)

4. TRUST GOD IN THINGS I DON'T

"Then Job replied to the Lord: 'I know that you can do anything and no one can stop you. You ask, "Who is this that questions my wisdom with such ignorance?" It is I. I was talking about things I did not understand, things far too wonderful for me... I take back everything I said, and I sit in dust and ashes to show my repentance.'" Job 42:1-3, 6 (NLT '96)

REMIND MYSELF...

- That He is a good & loving God Job 10:12
- That He is all-powerful Job 36:22, 37:5, 23
- That He notices every detail of my life Job 23:10, 31:4
- That He is in control Job 34:13
- That He has a plan for my life Job 23:14
- That He will protect me Job 5:11

"Though he slay me, yet I will trust in him." Job 13:15 (KJV)

5. REFUSE TO BECOME

"Job said, 'I came naked from my mother's womb and I shall have nothing when I die. The Lord gave me everything I had, and they were his to take away. Blessed be the name of the Lord!' In all of this Job did not sin or revile God."

Job 1:21-22 (LB)

"Job's wife said to him, 'Are you still trying to maintain your integrity? Curse God and die.' But Job replied, 'You talk like a godless woman. Should we accept only good things from the hand of God and never anything bad?' So in all this, Job said nothing wrong." Job 2:9-10 (NLT)

"Watch out that no bitterness takes root among you...it causes deep trouble, hurting many in their spiritual lives." Hebrews 12:15b (LB)

6. FACING THE FUTURE WITH

"Put your heart right, Job. Reach out to God. Put away evil and wrong from your home. Then face the world again, firm and courageous. Then all your troubles will fade from your memory, like floods that are past and remembered no more. Your life will be brighter than sunshine at noon, and life's darkest hours will shine like the dawn. You will live secure and full of hope." Job 11:13-18 (GN)

"We pray that you will be filled with his mighty, glorious strength so that you can keep going no matter what happens -- always full of the joy of the Lord."

Colossians 1:11 (LB)