



[JESUS] *“Here on earth you will have many trials and sorrows.”*

JOHN 16:33, NLT

THE GIVENS

- None of us can _____ life without suffering
- None of us can _____ physical pain
- None of us can _____ emotional distress
- None of us can _____ spiritual agony

OUR CHOICES

- Let obstacles _____ us
- Let obstacles _____ us
- Let obstacles _____ _____
- Let obstacles be _____ to grow
“Every testimony starts with test. Pass the test, and you get a testimony, and testimony is the way you overcome the next obstacle.” BATTERSON, 43

TRIALS TEACH US HARD LESSONS

1. Sometimes God delivers us _____ suffering
2. More often than not, God delivers us _____ suffering

HABIT #2 = KISS THE WAVE

“I have learned to kiss the wave that throws me against the Rock of Ages.” CHARLES SPURGEON, 19TH CENTURY BRITISH PREACHER

“The obstacles we encounter are not the enemy. The enemy, more often than not, is us. The obstacle? The obstacle – believe it or not – is the way.” BATTERSON, 41

JOSHUA 3:7-16, NLT

“The Lord told Joshua, ‘Today I will begin to make you a great leader in the eyes of all the Israelites. They will know that I am with you, just as I was with Moses. Give this command to the priests who carry the Ark of the Covenant: ‘When you reach the banks of the Jordan River,

take a few steps into the river and stop there.’... So the people left their camp to cross the Jordan, and the priests who were carrying the Ark of the Covenant went ahead of them. It was the harvest season, and the Jordan was overflowing its banks. But as soon as the feet of the priests who were carrying the Ark touched the water at the river’s edge, the water above that point began backing up a great distance away at a town called Adam, which is near Zarethan. And the water below that point flowed on to the Dead Sea until the riverbed was dry. Then all the people crossed over near the town of Jericho.”

KISSING THE WAVE INVOLVES

1. _____ – face your fear by naming what’s wrong
“O God, listen to my cry! Hear my prayer! From the ends of the earth, I cry to you for help when my heart is overwhelmed. Lead me to the towering rock of safety, for you are my safe refuge, a fortress where my enemies cannot reach me.” PSALM 61:1-3, NLT
2. _____ – stand your ground by claiming what’s true
“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.” DEUTERONOMY 31:6, NLT
“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 for them.” ROMANS 8:28, NLT
3. _____ – hold your peace by accepting your new normal and finding new meaning
“You can’t move past the pain if you ignore it or hide it or deny it.” BATTERSON, 41
“If you lean in and learn to kiss the wave, you can come out on the other side stronger and kinder and wiser.” BATTERSON, 47
“If you want to bury a dead yesterday, you’ve got to take response-ability for it. The key, of course, is the hyphen. It may not be your fault. That doesn’t change the fact that you are able to choose your response in every situation.” BATTERSON, 48
“This is how we bury dead yesterdays. We nail them to the cross. Then we take up our cross and carry it daily. The good news? We don’t grieve as those who have no hope” BATTERSON, 45, 4