

Life is full of \_\_\_\_\_

But God promises to \_\_\_\_\_

**Psalm 29 v 4-5, 11 NLT** - 'The voice of the LORD is powerful; the voice of the LORD is majestic. <sup>5</sup>The voice of the LORD splits the mighty cedars; the LORD shatters the cedars of Lebanon.....The LORD rules over the floodwaters..... <sup>11</sup>The LORD gives his people strength. The LORD blesses them with peace

**2 Timothy 1 v 7 CEV** - 'God's Spirit doesn't make cowards out of us. The Spirit gives us power, love, and self-control.'

**Philippians 4 v 12-13 NIV** - 'I have learned the secret of being content in any and every situation, whether well fed or hungry, whether living in plenty or in want. <sup>13</sup>I can do all this through him who gives me strength.'

**Philippians 4 v 13 my paraphrase** - 'I can cope with anything through Christ who gives me strength.'

God is a \_\_\_\_\_ God

**How can we \_\_\_\_\_ God's help?**

Five A's (from Lee Strobel – The Case for Hope)

1. \_\_\_\_\_ you're weak without God.

**2 Corinthians 12 v 9 NLT** - '(the Lord) said, "My grace is all you need. My power works best in weakness." So now I am glad to boast about my weaknesses, so that the power of Christ can work through me.'

**1 Peter 5 v 6-7 NLT** - 'So humble yourselves under the mighty power of God, and at the right time he will lift you up in honour. <sup>7</sup>Give all your worries and cares to God, for he cares about you.'

2. \_\_\_\_\_ God's presence and power.

**Hebrews 13 v 5-6 NLT** – 'For God has said, "I will never fail you. I will never abandon you."  
<sup>6</sup>So we can say with confidence, "The LORD is my helper, so I will have no fear."'

3. \_\_\_\_\_ yourself with God's will

**Joshua 1 v 8 NLT** 'Study this Book of Instruction continually. Meditate on it day and night so you will be sure to obey everything written in it. Only then will you prosper and succeed in all you do.'

**John 15 v 7 NLT** ' But if you remain in me and my words remain in you, you may ask for anything you want, and it will be granted

4. \_\_\_\_\_ God for the strength you need.

**James 4 v 2 NIV** 'You do not have because you do not ask God.'

5. \_\_\_\_\_ by doing what needs to be done.

God will give us strength as \_\_\_\_\_.

**Luke 17 v 14 NLT** '(Jesus) looked at them and said, "Go show yourselves to the priests." And as they went, they were cleansed of their leprosy.'

**Conclusion** – there is \_\_\_\_\_ on the other side of our challenges.

**Hebrews 12:2 NLT** - Because of the joy awaiting him, he endured the cross.

*My commitment:*