



*"Find Your Purpose and Reach Your Destiny"*

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November 29, 2017

### ~Surviving **BREAKING** Points in Your Life ~

You know that the testing of your faith develops perseverance  
**James 1:3 (NIV).**

Introduction:

How well do you handle stress? Do you bend under the pressure? Are you allowing stress to pull you into a place of uncertainty and doubt, or are you harnessing it and keeping it under control? Your responses to life's pitches all demonstrate your faith and confidence in God.

Perseverance: derived from two Greek words (1) *hupno* (**UNDER**); and *meno* (**REMAIN**). James is making the point that in order to achieve God's refining goals for our lives **WE NEED TO BE WILLING TO REMAIN UNDER PRESSURE.**

There are some specific promises God has issued to His children who serve Him when trouble comes and when the pressure seems to be overwhelming in our life.

**1. HE WILL GO BEFORE US AND HE IS ALWAYS WITH US.** The Lord himself goes before you and will be with you; he will never leave you nor forsake you. Do not be afraid; do not be discouraged." **Deuteronomy 31:8 (NIV)**

**James 1:3**, God has a purpose in mind when He allows trials to press down on us.

- He allows trials to press down on us **TO MAKE US MORE IN HIS IMAGE.** Like turning coals into diamonds, some things only happen under a lot of pressure.
- Staying under the pressure is **HOW GOD TEST OUR FAITH** in order to make us "mature and complete" **James 1:4**  
**2. HE WILL HEAR OUR SIMPLE PRAYERS UNTO HIM.**

In my distress I called to the Lord; I called out to my God. From his temple he heard my voice; my cry came to his ears." **2 Samuel 22:7 (NIV).**

God has a purpose in mind when He allows trials to press down on us.

**3. HE WILL FIGHT FOR YOU.**  
**Exodus 14:14 (NIV)** The Lord will fight for you; you need only to be still."

**4. TO BE OUR PRESENT HELP IN TROUBLE.**  
"God is our refuge and strength, a very present help in trouble. Therefore we will not fear though the Earth gives way, though the mountains be moved into the heart of the sea, through its waters roar and foam, though the mountains tremble at swelling." **Psalms 46:1-3 (ESV)**

**5. YOUR WORK WILL BE REWARDED.**  
But as for you, be strong and do not give up, for your work will be rewarded. **2 Chronicles 15:7 (NIV)**

Here are four advice tips to aide when you are under pressure.

- **CONFESS IT; BE HONEST ABOUT YOUR STRUGGLES.** Paul, a giant in Scripture, tells us that he despaired to the point of thinking he might not make it.
- **TRUST HIM – KEEP RELYING ON HIM.** This happened that we might not rely on ourselves but on God who raises the dead” (2 Corinthians 1:9b)
- **BE TRANSPARENT – TALK TO A TRUSTED FRIEND.** It’s easy, when you are at your breaking point, to pull the curtains, hibernate, stay away from people, and crawl into a hole. Do you realize that God often helps us through the advice, encouragement, and support of others?
- **ALWAYS REFLECT- STAY THANKFUL FOR YOUR BLESSINGS.** You are helping us by praying for us. Then many people will give thanks because God has graciously answered so many prayers for our safety - 2 Chronicles 1:11 (NLT)