



Beyond the Sermon

A Sermon Application Guide

Title: Stand Up (From Stressed to Blessed pt 4)

This guide is designed to offer a simple tool for those wanting to take the next step with Sunday's message. You can print this guide to study on your own, or use it in a group and experience transformation together.

Message Theme

Stand In The Midst Of Adversity

Prayer Focus

"Thank you God for the testimony of what you have been doing in my life. Thank you for pursuing me in a way that I can recognize. You are a good father and as I get to know you I ask for a deepened hunger for more of you. God would you fill me today with your joy and gratitude Amen."

Key Truths

In Psalm 84:6, the valley is not supposed to be where we live all of our lives. We are supposed to pass through and make it to the other side, not resting too long in the low moments or bad situations.

In Matthew 7:24-27 two houses are built, one on rock and one on sand. The house built on rock withstood the storm and the one on sand did not. Coming to Jesus doesn't mean that our life is going to be easier but it does mean that we will withstand the storms of life. We can't wait until the day of adversity to prepare for it. We can't wait until the boat is sinking to learn how to swim.

In the story of Jonah, he is running away from God so he can avoid what he is being told to do. Jonah flees by getting in a boat to keep from going to the city of Nineveh. A storm comes and almost sinks the boat. Jonah tells the people on the boat that it's because he is running from God. Once Jonah gets tossed overboard he is swallowed by a huge fish. After a few days he is spit out by shore and the Lord tells him again to go to Nineveh. We can learn from Jonah that sometimes we are in a storm not because of something we did but because of someone in our boat.

Occasionally we make dumb choices and then ask God why something bad happened. God's salvation is bigger than any addiction, negative words, unhealthy parenting, challenges we have

faced, actions taken against us, or dumb choices. God's salvation is bigger. When we suffer for God, it's by doing the right thing and getting ridiculed or put down by the world. But adversity comes when the enemy comes to steal, kill, and destroy us or what we have.

Practical Application

We are called to move in a different direction than the world. Our role is to do what's right and persevere. It may mean we suffer for what is right. Satan seeks whom he may devour but we can tell him "NO". Once you read the declaration below, think of 3-4 more declarations you can make to tell the enemy 'no'.

Verses

- Psalms 84:4-7
- Matthew 7:24-27
- Proverbs 24:10, 13:20, 19:3, 18:10
- Jonah 1:1-4
- 2 Samuel 22:4
- 2 Corinthians 4:16-18
- 1 Peter 5:8, 2:19-23
- John 10:10
- Ephesians 2:6, 4:1, 6:12-13

Declarations

"I know what I believe and I am not receiving what the enemy has. When the report doesn't look good, I will stand on God's truth. When the list of tasks is too long, I will stand. When things don't go the way I hoped, I will stand. When the kids misbehave, I will stand. When the enemy tries to take control, I will stand."

What's Next?

Life is full of challenges, but as believers, we're equipped to navigate them with faith and victory. This 3-step guide will help you face trials, stand strong in adversity, and embrace the authority God has given you. Let's walk confidently in His promises!

1. Recognize and Embrace the Valley of Baca: Trials are a part of life (Job 5:7), but they are not the end of the story. See challenges as opportunities for growth and transformation (Psalm 84:5). Build your life on the unshakable foundation of God's Word, trusting His guidance over your own (Matthew 7:24-27).

2. Stand Firm in the Face of Adversity: Strengthen your faith before the storms arrive. Be vigilant against the enemy's schemes and resist his attacks (1 Peter 5:8-9). Address the roots of

your struggles, whether they stem from sin, disobedience, or unhealthy relationships (Proverbs 19:3).

3. Embrace Your Authority and Live Victoriously:

In Christ, you are a new creation with power over the enemy (2 Corinthians 5:17). Trust in God's promises and stand firm in your faith, refusing to let fear or doubt hold you back (Ephesians 6:10-18). Let your life reflect the victory and hope found in the Gospel.

God has equipped you to thrive, even in the face of challenges. As you embrace His truth, resist the enemy, and walk in your authority, remember that victory is yours in Christ. Keep pressing forward, trusting His strength to guide you to triumph! Now it's time to write down anything the Lord has spoken to you. Praise Him, Thank Him and ask the Holy Spirit to help you walk this out.

Scripture References Stand Up

Psalms 84:4-7 NKJV Blessed are those who dwell in Your house; They will still be praising You. Selah Blessed is the man whose strength is in You, Whose heart is set on pilgrimage. As they pass through the Valley of Baca, They make it a spring; The rain also covers it with pools. They go from strength to strength; Each one appears before God in Zion.

Job 5:7 NKJV Yet man is born to trouble, As the sparks fly upward.

Matthew 7:24-25 NKJV "Therefore whoever hears these sayings of Mine, and does them, I will liken him to a wise man who built his house on the rock: and the rain descended, the floods came, and the winds blew and beat on that house; and it did not fall, for it was founded on the rock.

Matthew 7:26-27 NKJV "But everyone who hears these sayings of Mine, and does not do them, will be like a foolish man who built his house on the sand: and the rain descended, the floods came, and the winds blew and beat on that house; and it fell. And great was its fall."

Proverbs 24:10 NKJV If you faint in the day of adversity, Your strength is small.

1 Peter 5:8 NKJV Be sober, be vigilant; because your adversary the devil walks about like a roaring lion, seeking whom he may devour.

Matthew 28:19 NKJV Go therefore and make disciples of all the nations...

Jonah 1:1-4 NKJV Now the word of the Lord came to Jonah the son of Amittai, saying, "Arise, go to Nineveh, that great city, and call out against it, for their evil has come up before me." But Jonah rose to flee to Tarshish from the presence of the Lord. He went down to Joppa and found a ship going to Tarshish. So he paid the fare and went down into it, to go with them to Tarshish,

away from the presence of the Lord. But the Lord hurled a great wind upon the sea, and there was a mighty tempest on the sea, so that the ship threatened to break up.

Proverbs 13:20 NKJV He who walks with wise men will be wise, But the companion of fools will be destroyed.

1 Corinthians 12:31 NKJV And yet I show you a more excellent way.

Philippians 2:13 NKJV ...for it is God who works in you both to will and to do for *His* good pleasure.

Proverbs 19:3 CEV We are ruined by our own stupidity, though we blame the Lord.

2 Corinthians 6:14 NKJV Do not be unequally yoked together...

Romans 12:2 NLT but let God transform you into a new person by changing the way you think.

Proverbs 19:3 GW The stupidity of a person turns his life upside down, and his heart rages against the Lord.

Psalms 23:4 NKJV Yea, though I walk through the valley of the shadow of death...

2 Samuel 22:4 NKJV I will call upon the Lord, who is worthy to be praised; So shall I be saved from my enemies.

Proverbs 18:10 NKJV The name of the Lord is a strong tower; The righteous run to it and are safe.

2 Corinthians 11:24-28 NKJV From the Jews five times I received forty *stripes* minus one. Three times I was beaten with rods; once I was stoned; three times I was shipwrecked; a night and a day I have been in the deep; *in* journeys often, *in* perils of waters, *in* perils of robbers, *in* perils of *my own* countrymen, *in* perils of the Gentiles, *in* perils in the city, *in* perils in the wilderness, *in* perils in the sea, *in* perils among false brethren; in weariness and toil, in sleeplessness often, in hunger and thirst, in fastings often, in cold and nakedness— besides the other things, what comes upon me daily: my deep concern for all the churches.

2 Corinthians 4:16-18 NKJV Therefore we do not lose heart. Even though our outward man is perishing, yet the inward man is being renewed day by day. For our light affliction, which is but for a moment, is working for us a far more exceeding and eternal weight of glory, while we do not look at the things which are seen, but at the things which are not

seen. For the things which are seen are temporary, but the things which are not seen are eternal.

John 10:10 NKJV The thief does not come except to steal, and to kill, and to destroy.

Matthew 11:12 NKJV ...the kingdom of heaven suffers violence, and the violent take it by force.

1 Peter 2:19-21 NKJV For this is commendable, if because of conscience toward God one endures grief, suffering wrongfully. For what credit is it if, when you are beaten for your faults, you take it patiently? But when you do good and suffer, if you take it patiently, this is commendable before God. For to this you were called...

Matthew 5:12 NKJV Rejoice and be exceedingly glad, for great is your reward in heaven, for so they persecuted the prophets who were before you.

Ephesians 2:6 NKJV ...and raised us up together, and made us sit together in the heavenly places in Christ Jesus.

Ephesians 4:1 NKJV I, therefore, the prisoner of the Lord, beseech you to walk worthy of the calling with which you were called...

Ephesians 5:8 NKJV For you were once darkness, but now you are light in the Lord. Walk as children of light...

Ephesians 6:13 NKJV ... having done all, to stand.