

THE STORMS OF LIFE: YOU'RE NOT ALONE!

One day you feel like you can conquer the world. The next day you feel like the world has conquered you. Emotions! Moods! Forebodings. Fears. Guilt. Loneliness. Doubts. The God who made us knows what we need—who we need—to face the storms of life. I'm Frank Eiklor. Today—the storms of life—you're not alone!

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INTRO

We all have to face storms in our lives. Sometimes it's a storm called our crazy moods. Feeling blue or bitter. Resentful or jealous. Aching, hurt, disappointed, broken, crushed. And another storm—is there a cure for guilt? What is the answer to fear? How can I overcome loneliness? Can a broken heart be mended? The divine architect who drew up your human specifications—and then created you in His image—has all the answers for every storm you will ever face. Come with me this next half hour and we'll discover that though we can't avoid the storms of life, we do not have to face them alone.

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How Can I Keep My Changing Moods From Running My Life?

- 1) Experts on moods—blue, bitter, envious, jealous.
Aching, hurt, disappointed, broken, crushed, resentful, and prideful. Test trials, temp, triumphs.
- 2) Moods= Affected emotions (try to control you)
- 3) How others battled—Joseph's rejection Genesis 50:20 (God meant it for good)
Paul's prison—jail bird—Timothy ashamed 2 Timothy 1:7, 8.
"No man stood with me 2 Timothy 4:16, 17.
Jesus' humiliation Hebrew 12:2 "looking unto Jesus" God wants you to do more than survive—time to grow.

WHAT TO DO—

- 1) Face the mood.
- 2) Identify emotion or feeling.
- 3) Read God's Word—see what others faced.
- 4) Thank God for an experience that makes you trust—and grow.
- 5) Forget yourself by serving others.

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Is There A Cure For Guilt?

Definition—Think, say or do something know to be wrong and ag. Rules of conscience.

3 kinds—1) Unconfessed sin—God. 2) Unconfessed sin—another. 3) Unwillingness to forgive ourselves.

1) David (Ps. 51:4) 2) Prodigal (Luke 15:18) 3) Peter (Mark 16:7)

Hang Yourself—Like Judas.

Or run to the one Who was hanged on the cross for you! Galatians 3:13 “Christ has redeemed us..”

Causes—Resent, jealous, unforgiveness, hypocrisy (Act spiritual, live carnal).

How to overcome:

Isolate cause.

Make a good confession. 1 John 1:9

Ignore post—confession feelings from Satan.

Find a mature Christian friend.

Guilt= Shackles around soul. “If the Son sets free” (John 8:36).

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What Is The Answer To Tormenting Fears?

Webster's take—(Read Definition of Fear)

Danger, timidity, dread, terror, fright, anxious.

Fears—Death, sickness, failure, past, present, future—God, family, friends turning against you.

Live in "fear-possessed" world.

To Mary, Shepherds, and Disciples, "Fear not".

Love=key "Love the Lord"

How—"He that has my command..." (John 14:21)

Don't buy Satan's line—"You're alone in this fear".

Focus on the cross—on Jesus. "How much do you love me?" "This much"—stretched arms-died, Resurrection split calendar.

Declare what God says about you— 2 Timothy 1:7, 1 John 4:18

Place each fear under the light of scripture.

Failure- Philippians 4:13

Sickness- "My time in your hand" Psalm 31:15

Death- Philippians 1:21

More than mere strategy—meet Mighty Savior.

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How Can I Overcome Loneliness?

"I feel so all alone" Elderly-youth

Loneliness—International disease.

No one immune – including rich- "No real friend" Den Martin

Loneliness=Psalms 142:4 "No man cared for my soul" Put loneliness in perspective Jesus—

His family—disciples ran/ Finally—His Father "My God" Mathew 27:46.

His pain—your gain.

Lesson from Indians—(Night in forest)

Loglines is my spirit's cry for intimacy with Jesus. "I will never leave you" Hebrews 13:5.

Loneliness—blessing in disguise.

Walk into His arms of love.

Open your arms of love to others.

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Can A Broken Heart Be Mended?

Broken hearts—everywhere

Pennsylvania—few hours—3

Broken hearts

Abused woman

Widower-50 years married

Korean maid-husband left

- 1) Realize God has been there Mathew 26:53 “12 legions of angels”
- 2) Don't fear tears (worn out missionary/Teddy Roosevelt
- 3) God heals thru music. Ephesians 5:19 “speaking to yourselves in...”
- 4) Live in word Psalm 27:1, 5 “The Lord is my light... “
“For in day of trouble He shall hide me in His pavilion...”Psalm 46:10
- 5) Take long walk with God—Enoch, Noah, Abraham, did—
- 6) Open heart in prayer discover why set of footprints
- 7) Find another to comfort 2 Corinthians 1:3,4
- 8) Change your life style
People who suffer most—Love most!