

Today's Theme

“How To Deal With Losing”

Series Title:

“Staying Encouraged”

Part 27 11/1/20

How To Respond When Things Don't Go Your Way?

1. Understand that *God Is in Control.*

Daniel 2:21 He changes times and seasons; he deposes kings and raises up others. He gives wisdom to the wise and knowledge to the discerning.

Proverbs 19:21 Many are the plans in a person's heart, but it is the Lord's purpose that prevails.

Ephesians 1:11 In him we were also chosen, having been predestined according to the plan of him who works out everything in conformity with the purpose of his will,

2. Learn to *accept what happens in life.*

<i>Divorce or relationship breakup</i>	<i>Loss of health</i>
<i>Losing a job</i>	<i>A miscarriage</i>
<i>Loss of financial stability</i>	<i>Loss of a dream</i>
<i>A loved one's illness</i>	<i>Loss of a friendship</i>
<i>Selling A family home</i>	<i>Retirement</i>
<i>Loss of safety after trauma</i>	<i>My candidate loses</i>

Stages Of Grief

Denial & Isolation

Anger

Bargaining

Depression

Acceptance

Sadness occurs when something feels *bad*.

Depression occurs when something feels *meaningless*.

1 Pe 5:7 Cast all your anxiety on him because he cares for you.

Matt 11:28 “Come to me, all you who are weary and burdened, and I will give you rest. 29 Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. 30 For my yoke is easy and my burden is light.”

John 14:27 Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid.

3. Be gracious in *defeat or victory.*

Proverbs 16:20 Whoever gives heed to instruction prospers, and blessed is the one who trusts in the Lord. 21 The wise in heart are called discerning, and gracious words promote instruction. 22 Prudence is a fountain of life to the prudent, but folly brings punishment to fools. John 16:22 So with you: Now is your time of grief, but I will see you again and you will rejoice, and no one will take away your joy.

Revelation 21:4 ‘He will wipe every tear from their eyes. There will be no more death’ or mourning or crying or pain, for the old order of things has passed away.”

1 Peter 4:8 Above all, love each other deeply, because love covers over a multitude of sins.