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# A Plan For Your Tribulations (Deliverance From Great Trouble and Suffering)

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## God's Plan For Your Trouble

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***Sermon: God's Plan For Your Trouble: A Plan For Your Tribulations (Deliverance From Great Trouble and Suffering)***

***Lesson Text***

2 Corinthians 4:8–10 (AV)<sup>8</sup> *We are* troubled on every side, yet not distressed; *we are* perplexed, but not in despair; <sup>9</sup> Persecuted, but not forsaken; cast down, but not destroyed; <sup>10</sup> Always bearing about in the body the dying of the Lord Jesus, that the life also of Jesus might be made manifest in our body.

Romans 5:1–5 (AV)<sup>1</sup> Therefore being justified by faith, we have peace with God through our Lord Jesus Christ: <sup>2</sup> By whom also we have access by faith into this grace wherein we stand, and rejoice in hope of the glory of God. <sup>3</sup> And not only *so*, but we glory in tribulations also: knowing that tribulation worketh patience; <sup>4</sup> And patience, experience; and experience, hope: <sup>5</sup> And hope maketh not ashamed; because the love of God is shed abroad in our hearts by the Holy Ghost which is given unto us.

***Introduction***

Today's message is the third in a series of three messages: "Trials", "Temptations", and "Tribulations".

- Trials are designed to Test and Prove you (Path to Promotion).
- Temptations are designed to Tempt and Destroy you (Crossroads of Life).
- And finally, Tribulations are designed to Strengthen and Deliver you (Deliverance from Great Trouble).

Tribulations are defined as a cause or state of Great Trouble or Suffering.

Now when these troubles get to the point where they appear to be overwhelming, unrelenting, and crushing, they fall into the category of Tribulations or Great Troubles and Sufferings.

In our lesson text Paul says in the 3<sup>rd</sup> verse of Romans the 5<sup>th</sup> Chapter, "we glory in tribulations".

And herein is where many Christians miss it concerning tribulations. They assume their Christian walk is designed to help them avoid Tribulations; but this is a misconception.

Actually, God's Plan for our Christian Walk is NOT to avoid or keep us from tribulations, but to take us through them and deliver us out of them!

Psalms 34: <sup>17</sup> *The righteous* cry, and the LORD heareth, and delivereth them out of all their troubles. <sup>18</sup> The LORD *is* nigh unto them that are of a broken heart; and saveth such as be of a contrite spirit. <sup>19</sup> Many *are* the afflictions of the righteous: but the LORD delivereth him out of them all.

Friedrich Nietzsche, the German philosopher, famously said: "**That which does not kill us makes us stronger.**" It is based on the theory that by going through difficult experiences, people build up their strength.

And this is what our main lesson texts are teaching us is that although we have Tribulations in the form of Troubles that produce Distress; Confusion that produces Despair; and Persecution and Abandonment that produces Destruction; God's got a plan to Deliver us.

***Series and Sermon: God's Plan For Your Trouble: A Plan For Your Tribulations (Deliverance From Great Trouble and Suffering)***

"Deliverance from Distress, Deliverance from Despair, and Deliverance from Destruction"

***I. Deliverance from Distress***

2 Corinthians 4: <sup>8</sup> **We are troubled on every side, yet not distressed**; *we are* perplexed, but not in despair; <sup>9</sup> Persecuted, but not forsaken; cast down, but not destroyed;

Distress is extreme anxiety, sorrow, and pain. A state of physical strain and difficulty. Suffering that is caused because of the lack of the necessities of life.

The past year brought many of us distress. We dealt with extreme anxiety, stress and worry of what the pandemic would cause. We dealt with extreme pain with the loss of jobs, businesses, and finances. We dealt with extreme sorrow at the loss of family and loved ones.

When the Tribulations of Trouble produces Distress, God's got a Plan: PATIENCE!

Romans 5: <sup>3</sup> And not only *so*, but we glory in tribulations also: knowing that **tribulation worketh patience**;

**God does not Protect us from it, He Perfects us through it!**

Psalms 138: <sup>8</sup> The LORD will perfect *that which* concerneth me: thy mercy, O LORD, *endureth* for ever: forsake not the works of thine own hands.

James 1: <sup>2</sup> My brethren, count it all joy when ye fall into divers temptations; <sup>3</sup> Knowing *this*, that the trying of your faith worketh patience. <sup>4</sup> But let patience have *her* perfect work, that ye may be perfect and entire, wanting nothing.

Isaiah 40: <sup>31</sup> But they that wait upon the LORD shall renew *their* strength; they shall mount up with wings as eagles; they shall run, and not be weary; *and* they shall walk, and not faint.

***II. Deliverance from Despair***

2 Corinthians 4: <sup>8</sup> *We are* troubled on every side, yet not distressed; **we are perplexed, but not in despair**; <sup>9</sup> Persecuted, but not forsaken; cast down, but not destroyed;

Has there ever been a time in your life where you were just totally perplexed and confused? Mystified, baffled, and bewildered?

- “I’m doing everything right, but nothing is going right!”
- “I did what the Prophet or Pastor said, and still I didn’t get my breakthrough or healing!”
- “I rededicated my life to the Lord, and nothing worked out!”
- “I prayed to God for a mate, and I can’t even get a date!”

Despair is the sense or feeling of dejection, gloom, and hopelessness.

When the Tribulations of Confusion produces Despair, God’s got a Plan: EXPERIENCE!

Romans 5: <sup>3</sup> And not only *so*, but we glory in tribulations also: knowing that tribulation worketh patience; <sup>4</sup> **And patience, experience**; and experience, hope:

In other words, the byproduct of Patience is Experience.

Remember Friedrich Nietzsche’s phrase, "**That which does not kill us makes us stronger.**"!

But not only does going through difficulties build up your strength, it also prepares you with experience for the next struggle. The key word here is **Experience**!

One translation for Experience is Knowledge (what you know) and Wisdom (how you apply it)!

Proverbs 9: <sup>10</sup> The fear of the LORD *is* the beginning of wisdom: and the knowledge of the holy *is* understanding.

“I may have been confused about this devil the first time he showed up on level one, but I got you now, I see you now, I know how to defeat you now.”

“I can see clearly now, the rain is gone!” That may not be a Gospel song, but I’m going to use it as one today!

“My, what big ears you have grandma; My, what big eyes you have grandma; My, what big teeth you have grandma; Wait a minute, that ain’t grandma, that’s a wolf!”

1 Peter 5: <sup>8</sup> Be sober, be vigilant; because your adversary the devil, as a roaring lion, walketh about, seeking whom he may devour:

### ***III. Deliverance from Destruction***

2 Corinthians 4: <sup>8</sup> *We are* troubled on every side, yet not distressed; *we are* perplexed, but not in despair; <sup>9</sup> **Persecuted, but not forsaken; cast down, but not destroyed**;

- God’s got a Plan for our Distress, and it is Patience! “Wait on the Lord”
- God’s got a Plan for our Despair, and it is Experience! “A Sound Mind”
- God’s got a Plan for our Destruction, and it is Hope! “An Expected End”

Persistent Persecution and Suffering will cause one to feel forsaken, cast down, abandoned! And if the devil can ever get us to feel totally abandoned, then “All hope is lost! We are now merely a “Dead Man Walking!”

When the Tribulations of Persecution produces Abandonment, God’s got a Plan: HOPE!

## A Plan For Your Tribulations (Deliverance From Great Trouble and Suffering)

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Romans 5: <sup>3</sup> And not only *so*, but we glory in tribulations also: knowing that tribulation worketh patience; <sup>4</sup> And patience, experience; ***and experience, hope:***

The enemy wants us to be ashamed of your tribulations, ashamed of your situation, ashamed of our downfall, ashamed of our marriage, ashamed of our betrayal, ashamed of our destruction.

But when you have hope, you are not ashamed!

Romans 5: <sup>5</sup> And hope maketh not ashamed; because the love of God is shed abroad in our hearts by the Holy Ghost which is given unto us.

The enemy told us we were a “Dead Man Walking”; but I’m not ashamed because I’m still walking! And the reason why I’m walking is because I have Hope!

- I may be a “Dead Bankruptcy Walking,” but I’m not ashamed, I’m still walking in hope!
- I may have a “Dead Marriage Walking,” but I’m Still Walking in Hope!
- I may have a “Dead Job or Business Walking,” but I’m Still Walking in Hope!
- I may have a “Dead Ministry or Calling Walking,” but I’m Still Walking in Hope!

Romans 1: <sup>16</sup> For I am not ashamed of the gospel of Christ: for it is the power of God unto salvation to every one that believeth; to the Jew first, and also to the Greek.

Jeremiah 29: (BSB) <sup>11</sup> For I know the plans I have for you, declares the LORD, plans to prosper you and not to harm you, to give you a future and a hope.

David sums up the Process of Tribulations in the 34<sup>th</sup> Psalm:

Psalms 34:<sup>1</sup> I will bless the LORD at all times: his praise *shall* continually *be* in my mouth. <sup>2</sup> My soul shall make her boast in the LORD: the humble shall hear *thereof*, and be glad. <sup>3</sup> O magnify the LORD with me, and let us exalt his name together. <sup>4</sup> I sought the LORD, and he heard me, and delivered me from all my fears. <sup>5</sup> They looked unto him, and were lightened: and their faces were not ashamed. <sup>6</sup> This poor man cried, and the LORD heard *him*, and saved him out of all his troubles. <sup>7</sup> The angel of the LORD encampeth round about them that fear him, and delivereth them. <sup>8</sup> O taste and see that the LORD *is* good: blessed *is* the man *that* trusteth in him.

**Midweek Study Lesson Plan (Sermon: A Plan For Your Tribulations (Deliverance From Great Trouble and Suffering))**

**Lesson Text**

- 2 Corinthians 4:8–10, Romans 5:1–5

**Sermon Outline (Notes)**

**I. *Deliverance from Distress***

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**II. *Deliverance from Despair***

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**III. *Deliverance from Destruction***

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**Questions (What was your main takeaway from Sunday’s Sermon?)**

**I. **Getting to Know “Me”****

1. Tyler Perry Studios has decided to produce a movie on your life and has asked Denzel Washington to direct the movie. Who do you want to play you in the movie?
2. What is the best advice you have been given from someone?

**II. **Into the Bible****

1. Read 2 Corinthians 12:9-10. Explain how God’s grace is sufficient for the Christian during distresses. What does it mean to take pleasure in distresses? How can we experience more of God’s grace during tribulations?
2. James 1:2, tells the believer to count it all joy when they fall into various temptations and trials, and verse 4 tells the believer to let patience have her perfect work. How does the believer successfully do that to accomplish the end result of being perfect, entire, wanting nothing?

**III. **Life Application****

1. Recall a time when God delivered you from trouble and share your testimony to encourage others in their hope.
2. How have the sermons on God’s Plans for your Trials, Temptations and Tribulations impacted how you view these experiences in your life?