

## **‘When You Are Burdened Beyond Your Strength’**

**2 Cor. 1:3-11**

Series title: God’s silver lining.

**Introduction:** Not only do buildings and bridges suffer structural collapse, but so do people. So what do you do when the stress level in your life is getting to the point where you’re not sure how much longer you can hold up under it? Permit me to mention three things to consider.

### **I. Remember to praise God for who He is. 2 Cor. 1:3**

A. C. Spurgeon, one of the greatest preachers ever, once wrote: *“I am the subject of depressions of spirit so fearful that I hope none of you ever get to such extremes of wretchedness as I go to.”*

B. Discouragement is no respecter of persons. We see in this passage that Paul faced it too. Notice he begins his letter with a doxology. He wasn’t singing about his circumstances, but he could sing about the God who is in \_\_\_\_\_ of his circumstances. Paul learned that praise is an important factor in gaining victory over discouragement and depression. It’s been said, *‘prayer changes things’* and it certainly does; but it’s also true that praise can change things too.

C. So Paul praises God for who He is. He’s the Father of our Savior, Jesus Christ. He’s the Father of compassion. In these tough days, you may not feel like it, but by faith, tune your heart towards God and praise Him, as Paul did here.

### **II. Remember to meet with God each day. 2 Cor. 1:4**

A. How can we receive comfort from God if we ignore Him or even run from Him?

How can we receive new strength for the day if we don’t ask for it?

B. May each of us commit to spending some time each day with the Lord and then asking for His help throughout the day. He is the One who can give us encouragement in just the way we need it, to keep going, to keep looking up, to keep doing the right things and not to wallow in self-pity.

C. Jesus tells us in Mt. 6 that each day will have its own share of \_\_\_\_\_. In Lam. 3, God says that His mercies are new every day. So each day we can go to God and receive from Him those new mercies, which might be wisdom or patience or some insight or hope or strength or courage to meet those new troubles of that day.

### **III. Remember to reach out and help someone else. 2 Cor. 1:4**

A. Can you think of a time when you went through circumstances so bad you wondered if you’d survive? What was the one thing that \_\_\_\_\_ you most, to get through it?

As you think of others going through hard times now, what is one good thing you could do to help them get past their tough time?

B. I know that it’s tough to do this if you yourself are discouraged, but even if you don’t feel like it, try to reach out to someone else who is hurting. Force yourself to just do it. It will then help lift your own burdens and give you a new out-look to replace that in-look. Ps. 34:18

So, when you feel burdened beyond your strength:

Remember to praise God for who His is.

Remember to meet with God each day for the courage, whatever you may need for that new day and remember to reach out and do what you can for someone else.