



How Do You Stand When Life Gets Too Heavy?

James 1:12: (NASB) *Blessed is a man who perseveres under trial; for once he has been approved, he will receive the crown of life which the Lord has promised to those who love Him.*

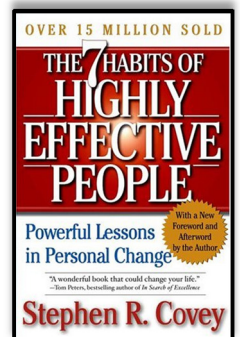


Life can get heavy sometimes. It can happen for all kinds of reasons - our own poor judgment or mistakes, circumstances beyond our control, accidents or a tragedy. Whatever the reason, the fact is sometimes life just becomes a heavy burden. When life does get heavy we begin to doubt and fear, which opens the door to begin down that ever-consuming road of discouragement and even depression. How do we fight this? How do we find a formula that will help us to stand up and walk under the weight, to fight through the fear and to persevere through the pain? How can we transform the heaviest experiences of our lives into the best growing experiences of our lives?

We choose to plant thoughts in our subconscious mind - good or bad. We plant what can bring us to greatness or pull us down to misery, using repetition and emotion. These are the two keys to getting a thought to take root in your head: Repetition and emotion.

In order to accomplish the major task of understanding the weight of the burdens of our lives differently, we will adopt guidelines from Stephen Covey's bestselling book, "The 7 Habits of Highly Effective People."

James 1:2 teaches the first two habits:



**Stephen
Covey's
7 Habits of
Highly
Effective
People**

**Habit 1
Be
Proactive**

Habit #1: Be Proactive - most of us live reactively and we slog along. Growth only happens through a proactive approach.

James 1:2: (NASB) *Consider it all joy, my brethren, when you encounter various trials...*

The word *trials* here means "proof" or "adversity." Encountering things that are difficult for you will "prove" you.

To *consider* here is not merely to lean one way or another; it means to lead or accept. Ideally we want to proactively fix it in our mind as truth!

(See the Bonus Material for more details and other definitions.)



Examples of *consider*:

Acts 7:10: (KJV) *And delivered him out of all his afflictions, and gave him favor and wisdom in the sight of Pharaoh king of Egypt; and he made him **governor** <2233> over Egypt and all his house.*

How can the same Greek word for *consider* be translated the same as *governor*? A governor gives guidance and direction. Fixing something in your mind as truth means you are guiding those thoughts - governing your mind. We see the word is more powerful than just thinking about it one way or another.



Consider it all joy, my brethren, when you encounter various trials...

Philippians 2:3: (NASB) *Do nothing from selfishness or empty conceit, but with humility of mind **regard** <2233> one another as more important than yourselves...*

Fix in your mind as truth that others are more important than yourself.

James 1:2: (NASB) *Consider it all joy, my brethren, when you encounter various trials...*

In other words, fix it firmly in your mind as truth that it is all joy when you go through various trials. This is what we need to reinforce in our minds over and over. This is a scriptural formula for bearing the heaviest of our burdens.

Lead yourself
based on what
you have learned
of Christ to *not*
live reactively!

Habit 1
Be
Proactive

 Having no purpose, *Never Give Up*, Nick Vujicic (speaking at a school)

- I couldn't change my circumstance. I couldn't just one day wake up and say, "Hey, give me arms and legs; I need arms and legs." You know what I mean, like, you went to a bodybuilder and said, "Can you make me some arms and legs?" Bodybuilder, you get it, right? "I got to be able; can you give me a hand?" I am just joking. But it was so hard because people put me down. And I started believing that I was not good enough. I started believing that I was a failure. That I would never ever be somebody who people would like, or people would accept. And it was so hard, man. I thought to myself, I can't go on the soccer field like everybody else, and I can't ride my bike, and I can't skateboard and all these sort of things. I started getting depressed. I thought, what kind of purpose do I have to live? I mean, are you just here to live to die? Is there not a purpose for me? Is there not a purpose in life?*

We can easily understand how someone with such a severe handicap would have those questions.





**Stephen Covey's
7 Habits of
Highly
Effective
People**

**Habit 2
Begin
with the
End
in Mind**

Habit #2: Begin with the End in Mind. Know where you must go right from the start!

Plant the thought. Once again:

James 1:2: (NASB) *Consider it all joy, my brethren, when you encounter various trials...*

Let's paraphrase that:

"Consider (fix in your mind as truth) that it is a cause for all joy (cheerfulness or calm delight) when you encounter (are surrounded with) various trials (various ways of being proven)."

This is difficult, but is one of the secrets to bearing up under hard burdens.

Philippians 3:7-8: (NASB) *⁷But whatever things were gain to me, those things I have counted <2233> (fix in my mind as truth) as loss for the sake of Christ. ⁸More than that, I count <2233> (fix them in my mind as truth) all things to be loss in view of the surpassing value of knowing Christ Jesus my Lord, for whom I have suffered the loss of all things, and count <2233> (fix them in my mind as truth) them but rubbish so that I may gain Christ,*

Because Paul knew where he was going, walking away became far more valuable than staying put! There was something more important and bigger to walk towards. That is how he governed his life. This is why we can be joyful during trials - it is bringing us towards a bigger, better and stronger result.

Having foresight is great, but what do I do?

For us to be able to change the way we think about the process of an experience - the hardships of our lives - we need to know where that experience is to lead us. Following Jesus promises us a NEW DESTINATION and therefore a NEW PATH and that means a NEW WAY TO THINK.



2 Corinthians 5:16-19: (NASB) *¹⁶Therefore from now on we recognize no one according to the flesh; even though we have known Christ according to the flesh, yet now we know him in this way no longer. ¹⁷Therefore if anyone is in Christ, he is a new creature; the old things passed away; behold, new things have come. (NEW WAY TO THINK) ¹⁸Now all these things are from God, who reconciled us to Himself through Christ and gave us the ministry of reconciliation, (NEW DESTINATION) ¹⁹namely, that God was in Christ reconciling the world to Himself, not counting their trespasses against them, and He has committed to us the word of reconciliation. (NEW PATH)*

The *ministry of reconciliation* sets our end goal to help with restoring mankind back to perfection - what was lost in the Garden of Eden. For now, we are to live the life Christ showed us to live - one of selflessness, contribution and integrity.



But what happens when life gets too heavy? Dealing with burdens is tough! Beginning with the end in mind means that even the heaviest of our burdens can be put in the context of a higher purpose. If we do that, our burdens now have a "why" attached to them. While this step does not lighten the load, it does open our eyes to hope. Our experiences are given to us for a reason and are not just arbitrary.

Now that our eyes are open to hope and we know where we are supposed to go, what is next?

 **What are you gonna believe, *Never Give Up*, Nick Vujicic**

- I asked doctors why did this happen. And they don't know. There are some things in life that are out of your control, that you can't change and you've got to live with. The choice that we have, though, is either to give up or keep on going. I want to ask you, what are you going to believe? Are you going to believe in yourself? Are you going to believe everybody else's judgment on you? Are you going to believe people when they say that you're a failure, and no one really likes you, no one really cares about you? And it's not really to say that hey, you need someone to come up and say, "Hey, really I like you, I care about you." No, it's not that. But it's the fact that people put you down. People don't even look you in the eye.*



Sometimes people around us plant seeds in our heads that are not real, appropriate or healthy. They may be saying these things due to their own damaged lives.

Even Jesus was put down constantly, but he knew his life was about a higher purpose. Same with the Apostle Paul...

NEW...
Destination!
Path!
Way to think!

Habit 2
Begin
with the
End
in Mind

Habit #3: Put First Things First

James 1:3-4: (NASB) ³knowing that the testing (proving) of your faith produces (accomplishes) **endurance** <5281>. ⁴And let **endurance** <5281> have its perfect result, so that you may be perfect and complete, lacking in nothing.

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Effective
People

Habit 3
Put
First
Things
First

Endurance: Strong's #5281 hupomone (hoop-om-on-ay'); cheerful (or hopeful) endurance, constancy



How does the proving of our faith, essentially the hard experiences of our life, accomplish a cheerful constancy in our life? This proving process gives us a tangible result to look for - endurance. James is telling us that one of the very first things we must focus on when dealing with heavy burdens is learning to apply cheerful constancy to our coping mechanisms.

The Lord will not give us more than we can handle, and if we believe our trials help us to become more Christ-like, we can get through them.

1 Peter 4:12-16: (NASB) *¹²Beloved, do not be surprised at the fiery ordeal among you, which comes upon you for your testing, as though some strange thing were happening to you; ¹³but to the degree that you share the sufferings of Christ, keep on rejoicing, so that also at the revelation of his glory you may rejoice with exultation.*

Rejoicing is not necessarily being happy; rather, in this case it equates to trusting the value of trials and burdens before we can see the fruit of the trials and burdens. Exultation comes later.

¹⁴If you are reviled for the name of Christ, you are blessed, because the Spirit of glory and of God rests on you. ¹⁵Make sure that none of you suffers as a murderer, or thief, or evildoer, or a troublesome meddler; ¹⁶but if anyone suffers as a Christian, he is not to be ashamed, but is to glorify God in this name.

How are we here applying putting first things first? Ask these questions:
What is the most important thing?
(Christ in you!)
Is my burden helping me crystallize that with cheerful constancy?

1 Most important thing (Christ in you)
2 Cheerful constancy

Habit 3
Put First Things First



A caller from Connecticut continues telling an experience discussed on last week's program about her son being hit by a car. He sometimes gets depressed seeing other people running when he can't yet. Our caller reminds him of what could have been, knowing it could be worse. Anyone going through anything difficult should compare what could have been. She appreciates this topic very much.

So, priorities are set. How does the weight of my burden help me?

Habit #4: Think Win-Win

James 1:5: (NASB) *But if any of you lacks wisdom, let him ask of God, who gives to all generously and without reproach (without chiding or defaming), and it will be given to him.*

Stephen Covey's 7 Habits of Highly Effective People

Habit 4
Think Win-Win

Why is *wisdom* the thing to be asked for? Because wisdom is the embodiment of the first three habits - we cannot progress in the footsteps of Christ, we cannot stand up under our burdens without the wisdom to be proactive and not reactive, without the wisdom to find our "why" - to begin with the end in mind and without the wisdom to spiritually prioritize our experiences and put first things first!



We may not know what good will come out of the experience while it is happening but it may become understandable later. Wisdom will help us put our heavy burdens in a clearer and manageable perspective.



I've seen my purpose, *Never Give Up* - Nick Vujicic

- *See, all things come together for the good. That's how it is in my life. There's nothing good about having no arms and no legs, is there? No. If I clicked my fingers, metaphorically speaking, and your arms and legs disappeared, do you think you would be happy with me? No. You'd come after me and head-butt me. Because there's nothing good about having no limbs, but I love my life. And do you want to know why? Because I've seen the purpose! Because I have no arms and no legs, you all are listening to what I have to say. This is maybe the most attentive you've been to any guest speaker because everyone else is boring, and what would they know anyway? That's what you think. Don't worry I was at school, too. What pain do they know? But you see me and you see what sort of pain I could go through, what I've gone through. And all of a sudden now, I'm seeing all of you and maybe for the first time you're believing these words out of my mouth saying, "I love you," and you don't even know me but you actually believe that I do love you.*

James 1:6: (NASB) *But he must ask in faith without any doubting (hesitation), for the one who doubts is like the surf of the sea, driven and tossed by the wind.*

Here we go back to lessons of unflinching trust. (Please see our program, "[How Do You Truly Trust?](#)" from June 12, 2016) Our faith must provide the strength of foundation to live in trust that God WILL provide whatever we might need, not want. But, we are not like Solomon in that we can just ask for wisdom and have it come to us.

Our asking for wisdom is living in faith and studying the Scriptures.

2 Timothy 2:14-15: (NASB) ¹⁴*Remind them of these things, and solemnly charge them in the presence of God not to wrangle about words, which is useless and leads to the ruin of the hearers. (No win-win here!)* ¹⁵*Be diligent to present yourself approved to God as a workman who does not need to be ashamed, accurately handling the word of truth.*

Here is where we find the win-win in our asking for wisdom, for we in our asking are seeking for it with diligence. Thus, we grow as we seek for wisdom, and once we have more wisdom we not only grow more, we help others to do the same!



Sometimes our burdens are so heavy as to skew our perspective and we look at life with hopelessness and a lack of energy and ability. We are resigned to the heaviness. These scriptural principles say we need God's wisdom to refocus and think differently.

James 1:7-8: (NASB) *⁷For that man ought not to expect that he will receive anything from the Lord, ⁸being a double-minded man, unstable in all his ways.*

Not seeking with unflinching trust will only bring us instability. Ask in faith, stand and seek in faith and receive the wisdom to transform burdens to blessings. Sometimes it takes years to find the blessing in our experiences.

Wisdom helps us to see our burdens for what they are - an opportunity to flourish in the faithfulness of God:

1 Corinthians 10:12-15: (NASB) *¹²Therefore let him who thinks he stands take heed that he does not fall. ¹³No temptation has overtaken you but such as is common to man; and God is faithful, who will not allow you to be tempted beyond what you are able, but with the temptation will provide the way of escape also, so that you will be able to endure it. ¹⁴Therefore, my beloved, flee from idolatry. ¹⁵I speak as to wise men; you judge what I say.*

No temptation has overtaken you but such as is common to man - there is no experience of tragedy that happens to you that does not happen to others. Take heart in the fact that God is always watching out for you if you are seeking Him.



How does win-win fit into bearing the weight of our burdens? Once we have put first things first and prioritized that *seeking first the kingdom* is our primary objective, we can then be on the same page as our Master and begin to really grasp that our burdens are tools of faith! Where there is a burden, there is a potential win because where there is a burden, there is the potential to activate and apply our faith to learn to trust and then take the steps to overcome.

**Our
burdens
are TOOLS
OF FAITH**

**Habit 4
Think
Win-Win**



recap
recap

- **Habit #1: Be Proactive**
Lead yourself based on what you have learned of Christ to not live reactively!
- **Habit #2: Begin with the End in Mind**
Dealing with burdens is tough! Beginning with the end in mind means that even the heaviest of our burdens can be put in the context of higher purpose - they now have a "why" attached to them.
- **Habit #3: Put First Things First**
Ask these questions: What is the most important thing? (Christ in you!) Is my burden helping me crystallize that with cheerful constancy?
- **Habit #4: Think Win-Win**
How does win-win fit into bearing the weight of our burdens? It enables us to be on the same page as our Master and begin to really grasp that our burdens are tools of faith! Where there is a burden there is a potential win.

**Stephen
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7 Habits of
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**Habit 5
Seek First to
Understand,
Then to be
Understood**

Habit #5: Seek First to Understand, Then to be Understood

Some people seek to plant poison in our lives. We might get defensive when they accuse us of things. They might manipulate the truth. Why would we want to understand somebody like that? Because human nature plants poison when human nature is hurting. We all have different weaknesses and personality types and have to deal with individual differences. We might begin to understand their flaws.

James 1:9-11: (NASB) ⁹*But the brother of humble circumstances is to glory in his high position; ¹⁰and the rich man is to glory in his humiliation, because like flowering grass he will pass away. ¹¹For the sun rises with a scorching wind and withers the grass; and its flower falls off and the beauty of its appearance is destroyed; so too the rich man in the midst of his pursuits will fade away.*

The weight of our burdens must be seen for what it is. There are times when the weight is as a result of persecution or circumstances, or even the reaction of others to spiritual righteousness (the humble brother James describes). There are times when the weight is directly related to our own doing, thinking and desires like the rich man. First, understand the source of the burden and then act on that clarity.



A caller from Connecticut let us know he visited a 49-year old friend on hospice yesterday and prayed for wisdom. No matter how long the tunnel is, God's promises always put a light at the end of that tunnel.



A CQ App user from Tennessee writes: Good morning, Guys! "Burdens are the tools of faith..." Amen! When I take my problems to God I say, "Lord, I know You have already solved this; help me to trust that Your will for my life is complete and Your plan for me is already accomplished." Thank you for this Bible study!



Helping others with love, *Never Give Up*, Nick Vujicic

- What about this...let's say you have a problem in your life and you want to give up now. Imagine if someone ten years older, who's gone through the exact same thing you have actually got through it. And came to you and said "You know what? I know how it feels. I've been there. I've been going through what you're going through now, but I'm still here." Would that not encourage you? Could that possibly save your life? Yes! Is that not a purpose worth living for? And that's why I believe in you, because that is the greatest purpose! It's to love. Honest. It sounds corny, whatever you want to say, I don't care. I love people because there is freedom and power in loving people!*



Trying to understand someone who is hurting us can sometimes help us to cope with the darkness and evil they are sending our way. We cannot necessarily cure them, but if we understand there is hurt behind it, it helps us to be able to listen to the right voices in our heads.

Sometimes we can best bear the weight of our own burdens by bearing the weight of others because there is strength in numbers. The early Church had issues of disagreement, which needed to be faced. The scriptural way to face them was NOT to browbeat those who were wrong; rather, it was to accept and support them in their conscience.

Romans 15:5-13: (NASB) ⁵Now may the God who gives perseverance and encouragement grant you to be of the same mind with one another according to Christ Jesus, ⁶so that with one accord you may with one voice glorify the God and Father of our Lord Jesus Christ. ⁷Therefore, accept one another, just as Christ also accepted us to the glory of God.

Being of the same mind did not necessarily mean agreeing. In this case, it meant acceptance, cooperating and co-laboring in the face of disagreement. The burden of Jewish heritage was so heavy that no one was asked to discard it. Instead, they were all asked to understand each other first and then seek to be understood so they could walk together in cooperation for a collectively higher cause.

⁸For I say that Christ has become a servant to the circumcision on behalf of the truth of God to confirm the promises given to the fathers, ⁹and for the Gentiles to glorify God for His mercy; as it is written, therefore I will give praise to you among the Gentiles, and I will sing to Your name... ¹³Now may the God of hope fill you with all joy and peace in believing, so that you will abound in hope by the power of the Holy Spirit.

Habit #5: Seek First to Understand, Then to be Understood has two applications in bearing the weight of our burdens. First, we need to seek internal understanding of why we are carrying specific burdens. Second, we must reach out in understanding of our brother's burdens before we can expect our brother to understand our burdens.

Seek internal understanding and that of our brother

Habit 5
Seek First to Understand, Then to be Understood

**We need to understand each other. Now what?
What do we do with that understanding?**

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Habit 6
Synergize

Habit #6: Synergize

James 1:9-11: (NASB) *Blessed is a man who **perseveres** <5278> under trial; for once he has been approved; he will receive the crown of life which the Lord has promised to those who love Him.*

Now we finally get to the core of the matter. "Perseverance" under trial is THE KEY to attaining spiritual life with Christ!



Persevere: Strongs #5278 hupomeno (hoop-om-en'-o); to stay under (behind), i.e. remain; figuratively, to undergo, i.e. bear (trials), have fortitude, persevere

Greek/English Lexicon: 1) to remain 2) to tarry behind 3) to remain i.e. abide, not recede or flee 4) to preserve: under misfortunes and trials to hold fast to one's faith in Christ 5) to endure, bear bravely and calmly: ill treatments

To stay under (behind), i.e. remain - the weight is on you. Do not run away from it but stay and stand up under that weight. Most of the time we cannot do this with just our own strength.

This is the key and it is the same key for each and every called-out one. To stand under the pressure, to push through the pain and to fight the fear are all common denominators for those who are Christ's. It is a battle to be won or lost inside your own mind.



A CQ App user asks: What a mess we are in in this world. We are sinking fast. Will God help us?

He already is; but He is not saving the world in its present form.



Listen for more! Coming up on our July 17, 2016 program, "Has God Lost Control of Our World?"



Afraid to get back up, *Never Give Up*, Nick Vujicic

- So, what do you do when you fall down? You get back up. Everybody knows to get back up. Because if I start walking, I'm not going to get anywhere. But I tell you, there are some times in life where you fall down and you feel like you don't have the strength to get back up. You sort of put on a mask on your face when you come to school and pretend that everything is okay when it's not, and you go home and lay in your bed when no one's looking at you, when you don't have to impress anybody, and you're yourself and fear comes in. You know that fear that you have when you walk into the doors of your house, maybe because of a broken home? Maybe you doubt in your life. Maybe you don't know for sure what's going to be happening in the future, and it scares you.

Synergize with others:

Philippians 2:3-9: (NASB) ³Do nothing from selfishness or empty conceit, but with humility of mind regard one another as more important than yourselves; ⁴do not merely look out for your own personal interests, but also for the interests of others. ⁵Have this attitude in yourselves which was also in Christ Jesus, ⁶who, although he existed in the form of God, did not regard equality with God a thing to be grasped, ⁷but emptied himself, taking the form of a bond-servant, and being made in the likeness of men. ⁸Being found in appearance as a man, he humbled himself by becoming obedient to the point of death, even death on a cross. ⁹For this reason also, God highly exalted him, and bestowed on him the name, which is above every name.

did not regard equality with God a thing to be grasped - In his pre-human existence, Jesus was humble, knowing that although he was a spirit being, he was not meant to be equal with God.

We can and should push and pull each other up to the highest heights of humble service in the likeness of Jesus. Humility raises God up as we acknowledge how small we are. The weight of our burdens looks different when we mutually engage this way and helps us not to focus only on ourselves.

Who are you synergizing with? It should be those who are walking in Jesus' footsteps - those you look up to from a spiritual standpoint. Your burdens can take on a different and valuable meaning.

Synergize through the promises:

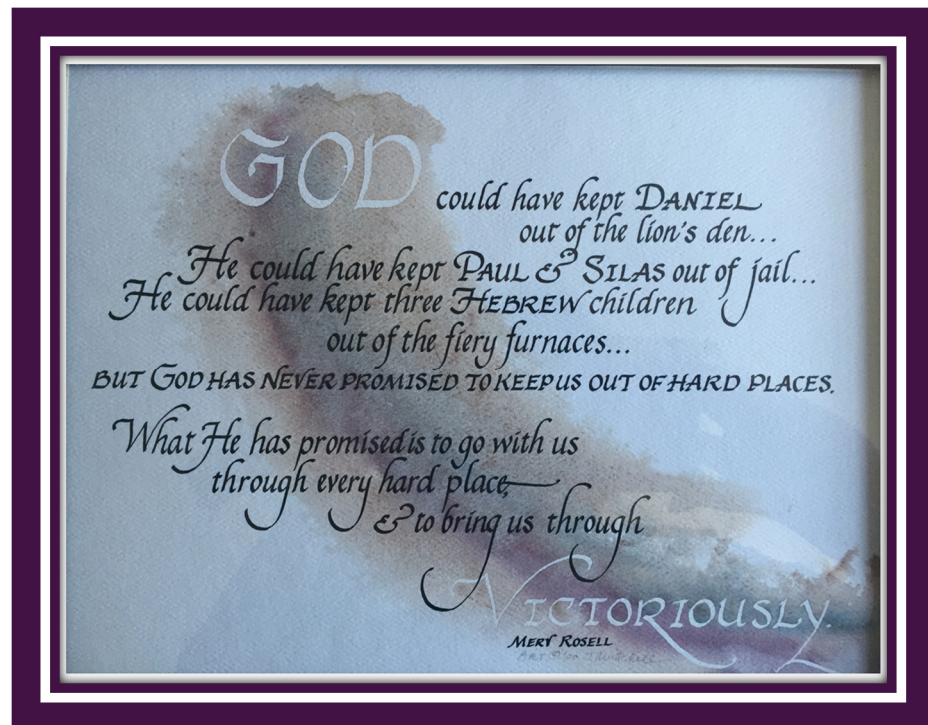
2 Peter 1:2-4: (NASB) ²Grace and peace be multiplied to you in the knowledge of God and of Jesus our Lord; ³seeing that His divine power has granted to us everything pertaining to life and godliness, through the true knowledge of Him who called us by His own glory and excellence. ⁴For by these He has granted to us His precious and magnificent promises, so that by them you may become partakers of the divine nature, having escaped the corruption that is in the world by lust.

The weight of our burdens cannot compare with the precious magnificence of God's promises. God is bigger than our trials - trust in that.

Synergize with Jesus:

Hebrews 12:1-3: (NASB) ¹Therefore, since we have so great a cloud of witnesses surrounding us, let us also lay aside every encumbrance and the sin which so easily entangles us, and let us run with endurance the race that is set before us, ²fixing our eyes on Jesus, the author and perfecter of faith, who for the joy set before him endured the cross, despising the shame, and has sat down at the right hand of the throne of God. ³For consider (this word means "to meditate upon deeply") him who has endured such hostility by sinners against himself, so that you will not grow weary and lose heart.

When you are focused on something bigger, your personal burdens become smaller!



The difficulty of your experiences is there for the purpose of your growth and development. It is a purpose much bigger and stronger than your imagination can grasp! Allow yourself to go through those things, bearing the weight by relying on the Scriptures, on Jesus and on those who can help bear you up.

Bearing the heavy weight of the burdens of our lives can be so much more easily accomplished when we make use of the energy, when we synergize with

what we have available through Jesus himself, the Word of God and each other. This synergy will change our weariness to strength, our discouragement to courage and our lack of direction to clear focus. The human form is built to respond to the encouragement and positivity of others. We can alternatively respond to the negative - choose your synergy carefully.

**Synergize
with the Bible,
Jesus and
each other**

**Habit 6
Synergize**



How do we take all of these things and make them permanent parts of our daily thinking?

Habit #7: Sharpen the Saw

This final habit revolves around the idea of always honing your skills, always revisiting your lessons learned, always refining your approach. In dealing with our heavy burdens, the "sharpen the saw" habit is the implementation of the other six habits that have helped us envision what we must stand up under in a new way.

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Effective
People

Habit 7
Sharpen
the Saw

The first key point in revisiting this whole thing:

James 1:13-18: (NASB) ¹³Let no one say when he is tempted, I am being tempted by God; for God cannot be tempted by evil, and He Himself does not tempt anyone. ¹⁴But each one is tempted when he is carried away and enticed by his own lust. ¹⁵Then when lust has conceived, it gives birth to sin; and when sin is accomplished, it brings forth death.



God allows our temptations, but He does not create them. He overrules our trials and engineers our testing experiences but He does not tempt us.

¹⁶Do not be deceived, my beloved brethren. ¹⁷Every good thing given and every perfect gift is from above, coming down from the Father of lights, with whom there is no variation or shifting shadow. ¹⁸In the exercise of His will He brought us forth by the word of truth, so that we would be a kind of first fruits among His creatures.

Here is the inspiration to go and sharpen the saw again and again: God only brings us ultimate good and ultimate blessing and will not change! We go to a reliable source, and no source is more reliable than God.

Find the strength, *Never Give Up*, Nick Vujicic

- *And it's not the end until you've given up. And just the fact that you're here should persuade you that you have another chance to get back up. There's still hope. I'm not here today to tell you that I understand your pain. I don't know how it feels to be abused. I don't know how it feels to feel "fat." And you've got an eating disorder. I don't know how it feels to have a broken home. I don't know how it feels. But I know how it feels to have a broken heart. And I know how it feels to be alone. And I want you to know that I found my strength in Jesus Christ, and you're going to find your strength in whatever you find it in. But I just want you to know that it's not the end. It matters how you're going to finish. Are you going to finish strong? And you will find that strength to get back up like this. (He demonstrates getting up after falling flat.)*





**Scripture,
fellowship
and
prayer!**

**Habit 7
Sharpen
the Saw**

Sharpen the saw! Practice, drill and rehearse. Absorb Scripture, thrive on fellowship and be instant in prayer!

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**Habit 1
Be
Proactive**

**Habit 2
Begin
with the
End
in Mind**

**Habit 3
Put
First
Things
First**

**Habit 4
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Win-Win**

**Habit 5
Seek First to
Understand,
Then to be
Understood**

**Habit 6
Synergize**

**Habit 7
Sharpen
the Saw**

Habit #1: Be Proactive - Be proactive, not reactive. Be "out in front" knowing that the heavy burdens will come. Prepare for them by building your faith and trust.

Habit #2: Begin with the End in Mind - Know your "why." Know that you are focused first and foremost on spiritual things and that all burdens can ultimately help you attain that end.

Habit #3: Put First Things First - Managing our burdens becomes far easier when they are put in their proper place in regard to the rest (and often more important!) parts of our lives.

Habit #4: Think Win-Win - Romans 8:28: *All things work together for good for the called according to his purpose.* Harshness and heaviness are therefore winning experiences!

Habit #5: Seek First to Understand, Then to be Understood - Why am I burdened? Is it me or is it outside circumstances? How can I see, understand and help with my brother's burden and he with mine?

Habit #6: Synergize - Realize that all who are in Christ share in the bearing of heaviness. Seek to share the promises, share Jesus and share the weights and the blessings.

Habit #7: Sharpen the Saw - Practice, drill and rehearse. Absorb Scripture, thrive on fellowship and be instant in prayer!



The burdens of our lives are temporary and our struggles have a purpose. According to James 1, we can take them and find wisdom from above. That wisdom can help us find the strength to stand up under the weight, bear the pain and move forward because the glory of God is on the other end. We may not see resolution to our problems in this life, but God has resolution to them in eternity and that is what counts the most.

*So, how do you stand when life gets too heavy?
For Jonathan and Rick and Christian Questions...
Think about it...!*

*And now even more to think about...
only in the **Full Edition** of CQ Rewind!*



James 1:2: (NASB) **Consider** <2233> it all joy, my brethren, when you encounter various trials...

Consider: Strong's #2233 hegeomai (hayg-eh'-om-ahee); to lead, i.e. command (with official authority); figuratively, to deem, i.e. consider

Greek/English Lexicon: 1) to lead 2) to go before 3) to be a leader 4) to rule, command 5) to have authority over 6) a prince, of regal power, governor, viceroy, chief, leading as respects influence, controlling in counsel, overseers or leaders of the churches 7) used of any kind of leader, chief, commander 8) the leader in speech, chief, spokesman 9) to consider, deem, account, think

Think of the paraphrase "fix in your mind as truth" when looking at these examples:

Philippians 3:7: (KJV) But what things were gain to me, those I **counted** <2233> loss for Christ.

Philippians 3:8: (KJV) Yea doubtless, and I **count** <2233> all things but loss for the excellency of the knowledge of Christ Jesus my Lord: for whom I have suffered the loss of all things, and do **count** <2233> them but dung, that I may win Christ,

Hebrews 11:11: (KJV) Through faith also Sara herself received strength to conceive seed, and was delivered of a child when she was past age, because she **judged** <2233> him faithful who had promised.

Hebrews 11:26: (KJV) **Esteeming** <2233> the reproach of Christ greater riches than the treasures in Egypt: for he had respect unto the recompense of the reward.

Hebrews 13:7: (KJV) Remember them which have the **rule** <2233> over you, who have spoken unto you the word of God: whose faith follow, considering the end of their conversation.

Joy: Strong's #5479 chara (khar-ah'); cheerfulness, i.e. calm delight

Greek/English Lexicon: 1) joy, gladness 2) the joy received from you 3) the cause or occasion of joy 4) of persons who are one's joy

Encounter: Strong's #4045 peripipto (per-ee-pip'-to); to fall into something that is all around, i.e. light among or upon, be surrounded with

Greek/English Lexicon: So to fall into as to be encompassed



Trials: Strong's #3986 *peirasmos* (pi-ras-mos'); a putting to proof (by experiment [of good], experience [of evil], solicitation, discipline or provocation); by implication, adversity:

Greek/English Lexicon: 1) an experiment, attempt, trial, proving 2) trial, proving: the trial made of you by my bodily condition, since condition served as to test the love of the Galatians toward Paul (Galatians 4:14) 3) the trial of man's fidelity, integrity, virtue, constancy 4) an enticement to sin, temptation, whether arising from the desires or from the outward circumstances 1b2) an internal temptation to sin 5) of the temptation by which the devil sought to divert Jesus the Messiah from his divine errand 6) of the condition of things, or a mental state, by which we are enticed to sin, or to a lapse from the faith and holiness 7) adversity, affliction, trouble: sent by God and serving to test or prove one's character, faith, holiness 8) temptation (i.e. trial) of God by men 9) rebellion against God, by which his power and justice are, as it were, put to the proof and challenged to show themselves

James 1:3-4: (NASB) ³knowing that the testing (Proving) of your faith produces (Accomplishes) **endurance** <5281>. ⁴And let **endurance** <5281> have its perfect result, so that you may be perfect and complete, lacking in nothing.

Endurance: Strong's #5281 *hupomone* (hoop-om-on-ay'); cheerful (or hopeful) endurance, constancy

Greek/English Lexicon: 1) steadfastness, constancy, endurance 2) in the New Testament, the characteristic of a man who is not swerved from his deliberate purpose and his loyalty to faith and piety by even the greatest trials and sufferings 3) patiently, and steadfastly 4) a patient, steadfast waiting for 5) a patient enduring, sustaining, perseverance

James 1:12: (NASB) *Blessed is a man who perseveres* <5278> *under trial; for once he has been approved, he will receive the crown of life which the Lord has promised to those who love Him.*

Perseveres: Strong's #5278 *hupomeno* (hoop-om-en'-o); to stay under (behind), i.e. remain; figuratively, to undergo, i.e. bear (trials), have fortitude, persevere

Greek/English Lexicon: 1) to remain 2) to tarry behind 3) to remain i.e. abide, not recede or flee 4) to preserve: under misfortunes and trials to hold fast to one's faith in Christ 5) to endure, bear bravely and calmly: ill treatments

Bottom line - be humble and be focused on the word and will of God!

James 4:6-8: (NASB) ⁶But He gives a greater grace. Therefore it says, God is opposed to the proud, but gives grace to the humble. ⁷Submit therefore to God. Resist the devil and he will flee from you. ⁸Draw near to God and He will draw near to you. Cleanse your hands, you sinners; and purify your hearts, you double-minded.

Romans 8:10-17: (KJV) ¹⁰And if Christ be in you, the body is dead because of sin; but the Spirit is life because of righteousness. ¹¹But if the Spirit of him that raised up Jesus from the dead dwell in you, he that raised up Christ from the dead shall also quicken your mortal bodies by his Spirit that dwelleth in you. ¹²Therefore, brethren, we are debtors, not to the flesh, to live after the flesh. ¹³For if ye live after the flesh, ye shall die: but if ye through the Spirit do mortify the deeds of the body, ye shall live. ¹⁴For as many as are led by the Spirit of God, they are the sons of God. ¹⁵For ye have not received the spirit of bondage again to fear; but ye have received the Spirit of adoption, whereby we cry, Abba, Father. ¹⁶The Spirit itself beareth witness with our spirit, that we are the children of God: ¹⁷And if children, then heirs; heirs of God, and joint-heirs with Christ; if so be that we suffer with him, that we may be also glorified together.