



Be an Overcomer

1. Keep a balanced perspective. Do not allow yourself to be swallowed up by nurturing negative thinking patterns, but look for the positive (Phil. 4:8).
2. Turn your eyes on Jesus (Heb. 12:2-4), knowing as you come to Him that He really does understand all that you are feeling (Heb. 2:18; 4:15-16; 5:7-8).
3. Tell the Lord your honest feelings (Ps. 13:1-3; 69:1-3) and your needs (Ps. 62:8; Phil. 4:6; 1 Pet. 5:7).
4. Look for the “silver lining”—for the good things God can work through what you are enduring (Rom. 8:28). Ask, Lord, what are You trying to teach me?
 - To depend on Him power and not myself (2 Cor. 12:8-10).
 - To be a sensitive and credible witness (2 Cor. 1:3-7).
 - To build my faith and character (Rom. 5:3-5).
5. Be still (Ps. 46:10). Listen to and claim God’s promises.
 - He is with me (Isa. 41:10,13; 43:2-3; Rom. 8:35-37).
 - Nothing can separate me from His love—feelings are not facts (Rom. 8:38-39).
 - His help is not dependent upon my faith but His faithfulness (2 Tim. 2:13).
 - He will meet all my needs (Phil. 4:19; Rom. 8:32).
 - Peace and the fruit of His Spirit, regardless of circumstances, are His gift to me (John 14:27; Isa. 26:3; Gal. 5:22-23).
 - His power is available to me (Isa. 40:28-31; Eph. 1:19).
6. Choose to use problems as opportunities to experience and display God’s power (2 Cor. 4:8-11).
7. Develop an expectant faith-filled attitude as you learn to wait on Him (Ps. 37:7) and praise Him before, as well as after, He answers (Ps. 42:11; 71:14, 16).