



“What To Do When It All Caves In!!”

Philippians 4:6-9;13

This will be a two part sermon based on Biblical teachings on what to do when seemingly everything, in your life, has gone wrong. This sermon, if meditated upon, should give you strength when you need it from the WORD OF GOD. Many of you have said, “Problems seem to pounce upon me suddenly when I am not ready to handle them. What do I do when that happens?” The wise person, realistically anticipating that troubles will come, accumulates strength in advance. Most of us are not prudent enough to do this, so I’m suggesting the following spiritual teachings to help you get instant help when difficulties arise.

Under each of the emotional headings which I am teaching about read, study the verse I’m suggesting, and master the message by meditation. Let the verses sink into your mind and spirit. The sacred words of Scripture will actually modify and change your reactions so that you may master troublesome situations.

I. Anger

- A. Proverbs 19:11**
- B. James 1:19**
- C. Ephesians 4:26**

II. Anxious (i.e. worry)

- A. Hebrews 13:6**
- B. Philippians 4:6**
- C. Proverbs 3:24**

III. Criticized

- A. Romans 12:14**
- B. Romans 12:17**
- C. Romans 12:19**

IV. Disappointed

- A. Hebrews 10:35**
- B. Psalm 103:2**
- C. Hebrews 13:5**
- D. Roman 8:28**

VII. ILL

- A. Matthew 4:23**
- B. John 14:1**
- C. James 5:15**

VIII. Nervous

- A. Philippians 4:7**
- B. Joshua 1:5**
- C. Psalm 37:7**

IX. Rejected

- A. Colossians 3:14**
- B. I Samuel 2:3**
- C. Romans 12:10**

X. Tempted

- A. II Corinthians 10:13**
- B. Isaiah 55:7**
- C. Luke 4:18**

XI. Tired

V. Discouraged

- A. Psalm 27:14
- B. Nahum 1:7
- C. Psalm 42:11

VI. Frustrated

- A. Psalm 34:19
- B. Job 22:21
- C. Psalm 37:5

A. Ezekiel 34:16

B. Hebrews 12:1,2

C. Exodus 33:14

XII. Unhappy

A. Psalm 118:24

B. Philippians 4:4

C. Psalm 87:15, 16

I will, over the next several weeks, teach on each of these “spiritual killers” to give you the Word of God as to **WHAT TO DO WHEN IT ALL CAVES IN!!** Study each verse, in depth, and let God bless your spiritual and personal growth.

Pastor Gerald Durley