

The Overcoming Series 2023

Series Summary Outline:

Part 1: The Questions: What is this? Why is this happening to me? Life Happens

- ❖ Deal with It
 - Faith over fear
 - Prayer over complaining
 - Bible over my thoughts
 - Positivity over doubt
- ❖ Put it in proper perspective
 - It's a challenge – not the champion
- ❖ God is Greater

Part 2: Use your Tools

- ❖ Spiritual Tools
 - Faith
 - Prayer
 - Supplication
 - Praise
 - Fasting
 - The Blood of the Lamb

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Part 1: The Questions: What is this? Why is this happening to me?

- ❖ Life Happens – 1 Peter 4:12-19
 - None of us are exempt from life's challenges
 - The challenge is an opportunity to experience God's Grace and for His Glory to be revealed
 - The challenge builds faith – not only in going through it but how God brings you out of it
 - God will use us to draw others through our testimony

- ❖ What is this?
 - The question is the result it being unexpected
 - The question could also result from being unprepared
 - It is a trial
 - It is a test
 - It is an opportunity

- ❖ Put it in proper perspective.
 - It's a challenge – not the champion – 1 Sam. 17:26;
 - This challenge has already lost – Rev. 1:18
 - God is going to bring you out – Psalm 34:17-18; Isa. 61:1-3; 1 Cor. 10:12-13

- ❖ Why is this?
 - The challenge is an opportunity to experience God's Grace and for His Glory to be revealed – 2 Cor. 12:9; 2 Cor. 4:16-18
 - We were told that we would have challenges – John 16:33

- ❖ How do I deal with this?
 - It wants to overcome or overwhelm you – 2 Tim. 1:7 (self-control)
 - Faith over fear – Lam. 3:21-24; Psa. 46:1-7; Psa. 23
 - Being still – Psa. 46:10
 - Prayer over complaining – Phil 4:6-7; Jude 1:20
 - Bible over my thoughts – Rom. 10:17
 - Positivity over doubt – Phil. 4:8
 - Stay focused on the eternal and not the temporary – 2 Cor. 4:16-18

- ❖ God is Greater – Psalm 23; 1 John 5:1-4; Jer. 32:27

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Part 2: Use your Tools

❖ Faith

- Is not the last option but the first priority – 1 John 5:15; Heb. 10:23; Mat. 21:22
- Our faith should cause us to seek God in prayer – Heb. 11:1

❖ Prayer

- Prayer: proseuchē: prayer (worship); by implication an oratory (chapel) – *Strong's Hebrew & Greek Definitions*
 - 1) prayer addressed to God; 2) a place set apart or suited for the offering of prayer Thayer's Greek Definitions
- Some types of prayer:
 - Intercession
 - Adoration – Psa. 104:1-4; Neh. 9:5-6
 - Thanksgiving – Phil. 4:6; Luke 1:46-55; 1 Sam. 2:1-10
 - Confession – Psa. 51
 - Lament – 1 Pet. 5:7; Psa. 88:1-7
 - Faith – James 5:13-16
 - Deliverance – Psa. 3
 - Spiritual warfare
 - Petition (see supplication)
 - Remorse – Psa. 51:1-4
 - Guidance – Psa. 25:4-5

❖ Supplication – deēsis: petition, specific prayer

- Examples: 1 Tim. 2:1-4; Eph. 3:14-21
- What do you really want from God?

❖ Praise

- The earth is blessed by our praise – Psa. 67:5-6
- The reason our children are under such attack is because of the power of their praise – Psa. 8:2
- It's not praise or Word, it's both – Psa. 149
- Praise accompanied with faith and obedience - Joshua 6
- Praise with reverence and prayer – 2 Chr. 20:6-9
- Praise in spite of – Acts 16:25-28 (Paul & Silas)

❖ Fasting

- What is fasting?
- 5 Ways Fasting Can Change Your Life: (Suzanne Niles and Wendy Simpson Little – Crosswalk.com)
 1. Fasting and prayer can help us hear from God.
 2. Fasting and prayer can reveal our hidden sin.
 3. Fasting and prayer can strengthen intimacy with God.
 4. Fasting and prayer can teach us to pray with right motives.
 5. Fasting and prayer can build our faith.

- How do I fast?
 - Biblical fast and partial fast
 - Is not limited to no food –
 - Daniel only vegetables and water – Dan. 1:8-14;
 - Daniel no good tasting food or meat – Dan. 10:3
 - Moses supernaturally fasted from food and drink – Deut. 9:9
 - Jesus fasted – Luke 4:2; Mat. 4:2
 - Other thoughts on abstaining
 - From sex: Exo. 19:15; 1 Cor. 7:5

 - With a purpose – Joel 2:12; Psa. 69:10
 - To humble yourself – Ezra 8:21-23; Psa. 35:13
 - Jesus fasted before beginning His public ministry – Luke 4:1-2
 - Nehemiah fasted asking God for help to rebuild walls of Jerusalem – Neh. 1:4
 - Mordecai and the Jews fasted when Haman planned to kill them all – Esther 4:3
 - Believers sought God through fasting for direction when appointing leaders – Acts 13:2; 14
- Motive matters – Mat. 6:16-18
- Fasting doesn't replace living right – Isa. 58:3-7
- Fasting outside of the Will of God is not guaranteed to work – 2 Sam. 12:17, 22-23
- Has a partner called prayer – Psa. 35:13; Luke 2:37;
- Is fasting commanded?
 - In O.T. only commanded to fast on the Day of Atonement – Lev. 23(vs. 27, 29,32)
 - Jesus assumed His believers would fast – Mat. 6:16-18; Mark 2:20
 - Some deliverance only the result of – Mark 9:29

- Fasting requires the wisdom of God
 - Not always the same – Esther 4:16
 - Medical challenges

- Other ways of fasting:
 - TV/Movies, social Media
 - What does your flesh desire?

- ❖ The Blood of the Lamb and word of our testimony – Rev. 12:10-11
 - 1 Pet. 1:18-19; Rev. 7:14; Rev. 5:9; Mat. 26:28; 1 John 1:7
 - Rom. 8:37