



DECEMBER FIRST THREE DAYS - DAY THREE

Overcoming afflictions.

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3rd December, 2023

How do you overcome afflictions?

The bases of our total victory over afflictions is on the finished work of our Lord Jesus Christ.

We overcome affliction: not by asking God to take it away, but by humbling ourselves before God to receive more grace to pray to overcome the affliction.

God's grace does not take away the affliction; rather, it gives us a greater measure to be righteous.

(Psalm 34:19

Many are the afflictions of the righteous, But the Lord delivers him out of them all. Psalms 22:24 Amplified Bible (AMP)

"For He has not despised nor detested the suffering of the afflicted; Nor has He hidden His face from him; But when he cried to Him for help, He listened".

Prayer: I receive grace to be righteous and to live it.

There are examples of God's chosen people who were afflicted.

1. Abraham and Sarah

Genesis 15:1-4

[1] After these things the word of the Lord came to Abram in a vision, saying, "Do not be afraid, Abram. I am your shield, your exceedingly great reward."

[2]But Abram said, "Lord God, what will You give me, seeing I go childless, and the heir of my house is Eliezer of Damascus?"

[3]Then Abram said, "Look, You have given me no offspring; indeed one born in my house is my heir!"

[4]And behold, the word of the Lord came to him, saying, "This one shall not be your heir, but one who will come from your own body shall be your heir."

2. The Israelites God's chosen people

Exodus 1:8-12

[8] Now there arose a new king over Egypt, who did not know Joseph.

[9]And he said to his people, "Look, the people of the children of Israel are more and mightier than we;





10]come, let us deal shrewdly with them, lest they multiply, and it happen, in the event of war, that they also join our enemies and fight against us, and so go up out of the land."

[11]Therefore they set taskmasters over them to afflict them with their burdens. And they built for Pharaoh supply cities, Pithom and Raamses.

[12] But the more they afflicted them, the more they multiplied and grew. And they were in dread of the children of Israel.

3. Job (Job 1 and 2)

Job 1:1

[1]There was a man in the land of Uz, whose name was Job; and that man was blameless and upright, and one who feared God and shunned evil.

Job 2:1-3

[1] Again there was a day when the sons of God came to present themselves before the Lord, and Satan came also among them to present himself before the Lord.

[2]And the Lord said to Satan, "From where do you come?" Satan answered the Lord and said, "From going to and fro on the earth, and from walking back and forth on it."

[3] Then the Lord said to Satan, "Have you considered My servant Job, that there is none like him on the earth, a blameless and upright man, one who fears God and shuns evil? And still he holds fast to his integrity, although you incited Me against him, to destroy him without cause."

You may be thinking and be asking, what then is the excellence of being righteous?

The afflictions of the wicked could be understood but what about the afflictions of the righteous?

There are five key to help the righteous overcome afflictions:

1. Look unto Jesus

Hebrews 12:2

[2]looking unto Jesus, the author and finisher of our faith, who for the joy that was set before Him endured the cross, despising the shame, and has sat down at the right hand of the throne of God.

What does it mean to to look?

It means to direct and focus one's attention on something or someone.

Song: "Look and live my brother look, look unto Jesus and live

It is written in His word Halleluyah, that whoever look Jesu shall live."

Psalms 34:5-10

[5] They looked to Him and were radiant, And their faces were not ashamed.

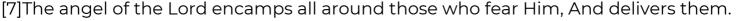
[6]This poor man cried out, and the Lord heard him, And saved him out of all his troubles.



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[8]Oh, taste and see that the Lord is good; Blessed is the man who trusts in Him!

[9]Oh, fear the Lord, you His saints! There is no want to those who fear Him.

[10]The young lions lack and suffer hunger; But those who seek the Lord shall not lack any good thing.

Why do we need to look to Jesus?

Psalms 123:1-2

[1]Unto You I lift up my eyes, O You who dwell in the heavens.

[2]Behold, as the eyes of servants look to the hand of their masters, As the eyes of a maid to the hand of her mistress, So our eyes look to the Lord our God, Until He has mercy on us.

Psalms 127:1-2

[1]Unless the Lord builds the house, They labor in vain who build it; Unless the Lord guards the city, The watchman stays awake in vain.

[2] It is vain for you to rise up early, To sit up late, To eat the bread of sorrows; For so He gives His beloved sleep.

Romans 9:16

[16]So then it is not of him who wills, nor of him who runs, but of God who shows mercy.

Psalms 62:11

[11]God has spoken once, Twice I have heard this: That power belongs to God.

Psalms 113:5-9

[5] Who is like the Lord our God, Who dwells on high,

[6] Who humbles Himself to behold The things that are in the heavens and in the earth?

[7] He raises the poor out of the dust, And lifts the needy out of the ash heap,

[8] That He may seat him with princes—With the princes of His people.

[9]He grants the barren woman a home, Like a joyful mother of children. Praise the Lord!

John 11:35 "Jesus wept."

You can imagine when Hope wept, Victory wept, Life wept, what will you do then? He wept because He was human.

Weeping is a sign of limitations.

Jesus was angry and He wipe people in the Temple, He also cursed the fig tree because He was hungry.

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2. Commit to Prayers without ceasing

James 5:13

[13]Is anyone among you suffering? Let him pray. Is anyone cheerful? Let him sing psalms.

It may be difficult to pray when in pains, your tears can do it.

Whe you don't know what to do pray.

3. Meditate upon and speak the word to the situation.

Joel 3:10

[10]Beat your plowshares into swords And your pruning hooks into spears; Let the weak say, 'I am strong."

There is always the strength to say even when there is no strength to do.

4. Seek Comfort, Prayers and Help from Friends and Family of believers.

Acts 4:21-24

1 Thess. 5:25

[25] Brethren, pray for us.

Philippians 1:19

[19]For I know that this will turn out for my deliverance through your prayer and the supply of the Spirit of Jesus Christ,

Afflictions swallow some people because they lackbecause they lack the copany of believers.

Living an isolated Christian life will not profit you in the day of adversity.

Ecclesiastes 4:9-12

[9]Two are better than one, Because they have a good reward for their labor.

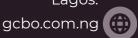
[10] For if they fall, one will lift up his companion. But woe to him who is alone when he falls, For he has no one to help him up.

[11] Again, if two lie down together, they will keep warm; But how can one be warm alone?

[12]Though one may be overpowered by another, two can withstand him. And a threefold cord is not quickly broken.

If anyone will enjoy the company of believeer, it requires you sowing a seed of love and kindness into the life of believers.





A woman named Dorcas died in the Bible and the company of believer made sure they brought her back to life.

5. Engage the Prophetic.

Hosea 12:13

[13] By a prophet the Lord brought Israel out of Egypt, And by a prophet he was preserved.

Afflictions may not turn to victory without the prophetic.

To engage the Prophetic is not to be looking for prophets here and there or from churches to churches. But to seek counsel from the true man of God who can advice spiritually and join you in prayers with divine instructions.

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