

A Way Out Part 5: Breaking The Cycle

(1 Corinthians 10:13 NIV) No temptation has overtaken you except what is common to mankind. And God is faithful; he will not let you be tempted beyond what you can bear. But when you are tempted, he will also provide a way out so that you can endure it.

(1 Thessalonians 2:17-18 NIV) But, brothers and sisters, when we were orphaned by being separated from you for a short time (in person, not in thought), out of our intense longing we made every effort to see you. For we wanted to come to you—certainly I, Paul, did, again and again—but Satan blocked our way.

Common Feelings

- ✓ **Overwhelmed**
- ✓ **Over-my-head**
- ✓ **Overanalyzing**
- ✓ **Overreacting**
- ✓ **Overburdened**

(Psalm 31:1-8 NIV) In you, Lord, I have taken refuge; let me never be put to shame; deliver me in your righteousness. Turn your ear to me, come quickly to my rescue; be my rock of refuge, a strong fortress to save me. Since you are my rock and my fortress, for the sake of your name lead and guide me. Keep me free from the trap that is set for me, for you are my refuge. Into your hands I commit my spirit; deliver me, Lord, my faithful God. I hate those who cling to worthless idols; as for me, I trust in the Lord. I will be glad and rejoice in your love, for you saw my affliction and knew the anguish of my soul. You have not given me into the hands of the enemy but have set my feet in a spacious place.

Breaking the Cycle

1. I'm convinced.

(Hebrews 6:9 NIV) We are convinced of better things.

(Hebrews 7:19, 22 NIV) And a better hope is introduced, by which we draw near to God... Jesus has become the guarantor of a better covenant.

(Hebrews 8, 11 NIV) Which is established on better promises... better sacrifices... a better country—a heavenly one...so that they might gain an even better resurrection... since God had planned something better for us.

2. I'm Spirit-led.

(Zechariah 4:4 NIV) So he said to me, "This is the word of the Lord to Zerubbabel: 'Not by might nor by power, but by my Spirit,' says the Lord Almighty.

3. I'm trusting.

(Psalm 56:9 ESV) This I know, that God is for me.

(Isaiah 26:3 ESV) You keep him in perfect peace whose mind is stayed on you, because he trusts in you.

4. I'm changing.

(Ephesians 4:22-24 NASB) That, in reference to your former manner of life, you lay aside the old self, which is being corrupted in accordance with the lusts of deceit, and that you be renewed in the spirit of your mind, and put on the new self, which in the likeness of God has been created in righteousness and holiness of the truth.

5. I'm strong.

(2 Corinthians 12:9-10 NIV) But he said to me, "My grace is sufficient for you, for my power is made perfect in weakness." Therefore I will boast all the more gladly about my weaknesses, so that Christ's power may rest on me. That is why, for Christ's sake, I delight in weaknesses, in insults, in hardships, in persecutions, in difficulties. For when I am weak, then I am strong.