



The Well

an ordinary place
where extraordinary
things happen

STSA.CHURCH/THEWELL

**WHAT
DO
YOU
DO** when
there's nothing
you can do

WHAT DO YOU DO *when there's nothing you can do* **PART 1**

“Why did I ever come out of the womb to see trouble and sorrow and to end my days in shame?” Jeremiah 20:18

3 INCORRECT CONCLUSIONS:

- **I'll never be happy again**
- **Nothing good can come from this**
- **There's no point in trying anymore**

“And a great windstorm arose, and the waves beat into the boat, so that it was already filling. But He was in the stern, asleep on a pillow. And they awoke Him and said to Him, “Teacher, do You not care that we are perishing?” Mark 4:37-38

KEY THOUGHT:

**God is not absent, apathetic, or angry.
God is with us!**

“Behold, the virgin shall be with child, and bear a Son, and they shall call His name Immanuel,” which is translated, “God with us.”
Matthew 1:23

Example 1:

John, “the greatest among those born of women”

“Now when Jesus heard that John had been put in prison, He departed to Galilee. And leaving Nazareth, He came and dwelt in Capernaum, which is by the sea” Matthew 4:12-13

“And when John had heard in prison about the works of Christ, he sent two of his disciples and said to Him, “Are You the Coming One, or do we look for another?” Jesus answered and said to them, “Go and tell John the things which you hear and see: the blind see and the lame walk; the lepers are cleansed and the deaf hear; the dead are raised up and the poor have the gospel preached to them. And blessed is he who is not offended because of Me.” Matthew 11:1-6

Example 2:
Lazarus, “the one whom You love”

“Now Jesus loved Martha and her sister and Lazarus. So, when He heard that he was sick, He stayed two more days in the place where He was.” John 11:5-6

BECAUSE GOD IS WITH ME...

- I **CAN** be happy again
- Good **WILL** come from this
- There **IS** a purpose in my pain

“Fear not, for I have redeemed you; I have called you by your name; You are Mine. When you pass through the waters, I will be with you; and through the rivers, they shall not overflow you. When you walk through the fire, you shall not be burned, nor shall the flame scorch you. For I am the Lord your God, the Holy One of Israel, your Savior...Since you were precious in My sight, you have been honored, and I have loved you; therefore I will give men for you, and people for your life. Fear not, for I am with you.” Isaiah 43:1-5

WHAT DO YOU DO *when there's nothing you can do* **PART 2 - EMBRACING THE PAIN**

What do you do when there's nothing you can do?

**I HAVE THE OPTION TO EMBRACE MY ADVERSITY
AS A GIFT FROM GOD.**

“In the world you will have tribulation; but be of good cheer, I have overcome the world.” John 16:33

The Apostle Paul: “THE CHOSEN VESSEL”

“And lest I should be exalted above measure by the abundance of the revelations, a thorn in the flesh was given to me, a messenger of Satan to buffet me, lest I be exalted above measure.” 2 Corinthians 12:7

“lest” = intended for a PURPOSE
“given to me”: gifted, received as a PRESENT
“thorn in the flesh”: a PROBLEM

“Concerning this thing I pleaded with the Lord three times that it might depart from me. And He said to me, “My grace is sufficient for you, for My strength is made perfect in weakness.” Therefore most gladly I will rather boast in my infirmities, that the power of Christ may rest upon me. Therefore I take pleasure in infirmities, in reproaches, in needs, in persecutions, in distresses, for Christ’s sake. For when I am weak, then I am strong.” 2 Corinthians 12:8-10

**EMBRACING YOUR WEAKNESS AS A GIFT IS THE
ONLY WAY TO UNLEASH GOD’S POWER**

“It is hard for you to kick against the goads.” Acts 9:5

“He knelt down and prayed, saying, “Father, if it is Your will, take this cup away from Me; nevertheless not My will, but Yours, be done.” Luke 22:41-42

“For it has been granted to you on behalf of Christ not only to believe in him, but also to suffer for him, since you are going through the same struggle you saw I had, and now hear that I still have.” Philippians 1:29-30

WHAT DO YOU DO *when there's nothing you can do* **PART 3 - I CAN'T, BUT HE CAN**

What do you do when there's nothing you can do?

Week 1

**The presence of adversity doesn't
negate the presence of God.**

Week 2

**I have the option to embrace my adversity
as a gift from God.**

“Beloved, do not think it strange concerning the fiery trial which is to try you, as though some strange thing happened to you; but rejoice to the extent that you partake of Christ’s sufferings, that when His glory is revealed, you may also be glad with exceeding joy.” 1 Peter 4:12-13

Week 3

The secret of Contentment

“I have learned the secret of being content in any and every situation” Philippians 4:12

**ST. PAUL ACCOMPLISHED SOMETHING GREAT
NOT IN SPITE OF HIS ADVERSITY, BUT DIRECTLY
BECAUSE OF IT.**

“I rejoiced greatly in the Lord that at last you renewed your concern for me. Indeed, you were concerned, but you had no opportunity to show it. I am not saying this because I am in need, for I have learned to be content whatever the circumstances. I know what it is to be in need, and I know what it is to have plenty. I have learned the secret of being content in any and every situation, whether well fed or hungry, whether living in plenty or in want.” Philippians 4:10-12

“learned the secret” = initiated into the mystery

“I can do all things through Christ who strengthens me.” Philippians 4:13

“The mystery which has been hidden from ages and from generations, but now has been revealed to His saints. To them God willed to make known what are the riches of the glory of this mystery among the Gentiles: which is Christ in you, the hope of glory.” Colossians 1:26-27

THE SECRET/MYSTERY OF CONTENTMENT= CHRIST IN ME

“Behold, I am the Lord, the God of all flesh. Is there anything too hard for Me?” Jeremiah 32:27

I can't, but HE CAN!

WHAT DO YOU DO *when there's nothing you can do*

PART 4 - PATIENCE LEADING TO PERFECTION

“But let patience have its perfect work, that you may be perfect and complete, lacking nothing.” James 1:4

The intended outcome is PERFECTION

The path to that outcome is PATIENCE

I must endure to mature.

“My brethren, count it all joy when you fall into various trials, knowing that the testing of your faith produces patience. But let patience have its perfect work, that you may be perfect and complete, lacking nothing.” James 1:2-4

“count it all joy” : label as, or put into certain category

“testing of your faith” : trials put your faith on trial

FAITH + PATIENCE = UNSTOPPABLE!

BECAUSE GOD HAS A PLAN!

“And we desire that each one of you show the same diligence to the full assurance of hope until the end, that you do not become sluggish, but imitate those who through faith and patience inherit the promises.” Hebrews 6:11-12

**The greatest tension in your life right now
is exactly where God will work
most in this coming year.**

“If any of you lacks wisdom, let him ask of God, who gives to all liberally and without reproach, and it will be given to him. But let him ask in faith, with no doubting, for he who doubts is like a wave of the sea driven and tossed by the wind. For let not that man suppose that he will receive anything from the Lord.” James 1:5-7

**WISDOM IS THE ABILITY TO SEE CURRENT
CIRCUMSTANCES IN A GREATER CONTEXT.**

“Blessed is the one who perseveres under trial because, having stood the test, that person will receive the crown of life that the Lord has promised to those who love him.” James 1:12

***“God let me see as You see.
Help me to believe that
You will use it until
You choose to remove it.”***

WHAT DO YOU DO *when there's nothing you can do*

PART 5 - ENTERING THE COMFORT ZONE

The “fellowship of suffering”

1. A natural bond exists between those who have suffered deeply and similarly.
2. Those who have suffered are uniquely qualified to comfort those in suffering.
3. Comfort from those who've been comforted is life-giving to those who receive it.
4. Comforting is life-giving to the COMFORTER as well.

“For we do not want you to be ignorant, brethren, of our trouble which came to us in Asia: that we were burdened beyond measure, above strength, so that we despaired even of life.”

2 Corinthians 1:8

COMFORT & SUFFERING

“Blessed be the God and Father of our Lord Jesus Christ, the Father of mercies and God of all comfort, who comforts us in all our tribulation, that we may be able to comfort those who are in any trouble, with the comfort with which we ourselves are comforted by God.” 2 Corinthians 1:3-4

“Blessed are those who mourn, for they will be comforted.”

Matthew 5:4

‘comfort’ = paraklesis (paraclete)

God comforts us to comfort others.

“For as the sufferings of Christ abound in us, so our comfort also abounds through Christ. Now if we are afflicted, it is for your comfort and salvation, which is effective for enduring the same sufferings which we also suffer. Or if we are comforted, it is for your comfort and salvation. And our hope for you is steadfast, because we know that as you are partakers of the sufferings, so also you will partake of the comfort.” 2 Corinthians 1:5-7

**OUR CAPACITY TO GIVE AND RECEIVE COMFORT
IS DETERMINED BY THE DEGREE TO WHICH WE
HAVE SUFFERED.**

So what do you do when there's nothing you can do?

BELIEVE--> EMBRACE --> CONTENT--> PATIENCE--> COMFORT

Welcome

Whether you're just visiting or looking to stay, it's great to have you with us!

COFFEE'S ON US

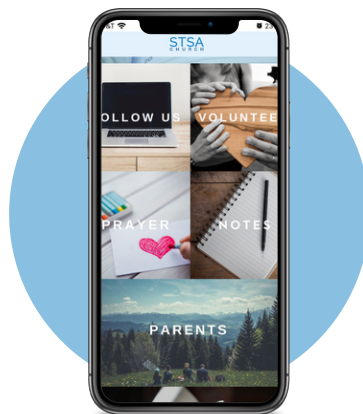
Enjoy a hot cup of coffee and snacks.

WE'D LOVE TO MEET YOU

Stop by the Connection Table so we can get to know each other and pick up your welcome gift.

FILL YOUR BUCKET

The Well and Sunday school runs for one hour with an inspiring message.



EVERYTHING IN ONE SPOT

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