

A black and white photograph of a stack of tires on a sandy beach. The tires are stacked vertically on the left side of the frame, with their tread patterns clearly visible. The background shows a wide, sandy beach leading to a line of trees under a clear sky.

JUST LIKE A TYRE GRIPS THE ROAD  
WE NEED TO GET A GRIP ON LIFE

GETTING A  
**GRIP**  
ON ~~THINGS~~  
**our problems**



GETTING A  
**GRIP**  
ON ~~THINGS~~  
**our problems**



*“When we have the  
right perspective on our  
problems **we can begin to  
handle them.**”*

**our problems**



## Romans 12:2 (nlt)

*...let God transform you into a new person by changing the way you think...*



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Life is basically a series of mountains and valleys, ups and downs, highs and lows, good times and bad times, obstacles and opportunities, problems and potentials.

**Our biggest problem is our perspective!**



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ON THE **our problems**

## 2 Corinthians 4:8-9 (nlt)

*We are pressed on every side by troubles, but we are not crushed. We are perplexed, but not driven to despair. We are hunted down, but never abandoned by God. We get knocked down, but we are not destroyed.*



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How can we keep from being beat up by our problems?

**2 Corinthians 4:18** (niv)

Paul says the secret of endurance is not to focus on the problem but to focus on God who can solve the problem!



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GETTING A GRIP ON  
**our problems**

## Getting a Grip on our problems...

1. When our situation looks *depressing*, we need to think about the *goodness* of God.

God can always bring good out of bad if we'll trust in Him.



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## Getting a Grip on our problems...

God can use the disappointments in our life for good if we can learn to focus on the goodness of God during those times.

**Psalm 31** (niv)



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## Getting a Grip on our problems...

Nothing happens in the life of a Christ follower without the heavenly Father's permission.

Even the bad things!

**Romans 8:28** (nkjv)

*...all things work together for good for those who love God...*



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## Getting a Grip on our problems...

2. When our situation is *defeating* us, we need to think about the *greatness* of God.

The fact is we will fail at many things in life. Failure is a part of all of our lives. Things don't always go as we expect it or as we planned.



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## Getting a Grip on our problems...

**Psalm 147:5** (tlb)

*How great God is. His power is absolute. His understanding is unlimited.*

We need to stop focusing on our problem and start focusing on God's power. To stop focusing on what we can't do and start focusing on what God can do!

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## Getting a Grip on our problems...

The incredible thing is God's power is not only visible, it's available to you and to me.

### Psalm 69:13-15 (ncv)

*God, because of Your great love answer me. You are truly able to save. Pull me from the mud. Don't let me sink....  
Do not let the flood drown me..."*

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our problems



## Getting a Grip on our problems...

**Jeremiah 32:27** (niv)

*I am  
the Lord, the God of all mankind; is there  
anything too hard for Me?*

**God specializes in the impossible.**

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## Getting a Grip on our problems...

**3. When our situation is *dark*, we need to think about how *close* God is.**

God is always with us. He's present at the very moment we need Him most!



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## Getting a Grip on our problems...

### Psalm 112:108 (tlb)

*Praise the Lord. For all who fear God and trust Him are blessed beyond expression. When darkness overtakes him, light will come bursting in. Such a man will not be overthrown by evil circumstances. God's constant care of him will make a deep impression on all who see it. He doesn't fear bad news nor live in dread of what may happen. For he has settled in his mind that God will take care of him.*



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## Getting a Grip on our problems...

We don't have to have all the answers when we know that God does.

When we're going through dark days we need to remember we're not going through them alone.

**We are to focus on the closeness of God.**



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ON THESE  
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## Getting a Grip on our problems...

### Psalm 34:18 (niv)

*The Lord is close to the brokenhearted and He saves those who are crushed in spirit.*



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## Getting a Grip on our problems...

### Psalm 3:34 (tlb)

*Don't be impatient for the Lord to act. Keep traveling steadily along His pathway and in due season He will honor you with every blessing.*



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## Getting a Grip on our problems...

God is more interested in our character than He is in our comfort. He's not going to immediately remove all the problems in our life the moment they occur.



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## Getting a Grip on our problems...

We need to trust God. He is a good God and He sees what we don't see and He knows what we don't know. He will help us but it's on His timetable.



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## **Ephesians 2:4-8** (ncv)

*But God's mercy is great, and He loved us very much. Though we were spiritually dead because of the things we did against God, He gave us new life with Christ. You have been saved by God's grace... He did this for those in Christ Jesus so that for all future time He could show the very great riches of His grace by being kind to us in Christ Jesus. You have been saved by grace through believing. You did not save yourselves; it was a gift from God."*



The ultimate expression of the greatness, the goodness, and the closeness of God is seen in what Jesus did for us on the cross when He gave His life for us.

The problem is we often forget what Jesus did on the cross. We don't think about it much. But will we respond to what Jesus did on the cross?



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