

# Dealing With A Bad Day

TEXT: 2 Corinthians 7:5

**Introduction:** Note among other things Paul describes himself as someone who was downcast that God brought encouragement to. Ever been there? Let's look first at some stress factors that pressured Paul into a place of dealing with the bad day woes.

## **STRESS FACTORS**

Here we see some things going on in and around Paul's life that caused him to share that he had been downcast:

### **1. Times of Transition** - *when we were come into Macedonia*

-Paul was once again on the move. It is often during times of transition when we face battles with discouragement and the bad day blues. The certainty of change is its uncertainty. The enemy knows this and will time his attacks accordingly. Are you facing a lot of changes right now, realize how important it is to keep yourself anchored and encouraged in the Lord.

### **2. Times of Tiredness** - *our flesh had no rest*

-If you look at a map of Paul's travels and realize that this took place in the days when you used sandal power you can understand how the man was very tired.

-What about you? Are you resting and taking care of yourself as you should?

### **3. Times of Trouble** - *we were troubled on every side; without were fightings*

-Paul was leaving a pack of trouble in Ephesus and heading into more up the road. Every place he went the warfare was real, people were after him, and even the believers were fussing and feuding and turning from him. You know, even revival can be very draining!

### **4. Times of Turmoil** - *within were fears*

-Even the mighty Apostle Paul here confesses that within his own life were fears he had to battle. This is good to know. The presence of fear is not the problem, it is allowing it to paralyze you into leaving God out that is the problem.

-Fear is a nemesis to every believer. We have to remember God's perfect love that fills our hearts and the power and sound mind he gives us. These are the areas that fear attack. Am I loved? Am I powerless? Am I thinking clearly? (2 Tim. 1:6)

**KEYS TO BREAK OUT** - The following verses tell us how God moved to keep Paul from caving in during these times of stress:

### **1. God's Heart to Comfort** - *Nevertheless God, .... comforted us*

-It cannot be overstated how important it is to know God's heart to comfort and help you when you are struggling to keep your heart and emotions in the right place. Stop listening to your flesh, the world, and the devil and listen to the Lord.

### **2. The Presence of a Faithful Friend** - *comforted us by the coming of Titus*

-The presence of a friend can change things for the downcast person. If you are battling the bad day blues reach out to someone else who needs encouraging. If you are having a good day, then be on the lookout for someone who is not and determine to encourage them. Paul had sent Titus on a mission back to Corinth with a severe letter of correction for the church there. So when Titus did not show up at Troas as was scheduled I imagine Paul battled some vain imagination about how things had gone. So when he gets to Macedonia and Titus shows up with a good report, he was so relieved and encouraged.

### **3. A Good Holy Spirit News Report** - *when he told us your earnest desire, your mourning, your fervent mind toward me*

-Titus brought good news and the Corinthians sent Paul good news. This greatly lifted Paul's spirit. Maybe we need to spend less time listening to the bad news everyday at 6:00 p.m. and tune into some good Holy Spirit news. The powerful words of testimony that come from other people who are being touched and helped by God can cause us to turn our hearts more fully to a loving Heavenly Father who wants to help us too.

### **4. The Choice to Rejoice** - *so that I rejoiced the more*

-Paul could have responded differently. He could have complained saying well it's about time you got back Titus. It's about time the Corinthians got straightened out, etc. But instead he chose to rejoice in the good news he was given. He writes 2 Corinthians in response to the news Titus brings back. We too have that choice to make each day. We hear things and we need to learn to see the good in things and rejoice in that yet be committed to lovingly help others continue to improve while we do the same for ourselves.

**CONCLUSION:** Any old carnal Christian can complain, but it is the one who receives comfort from the Father in the way He sends it and chooses to rejoice in the things God is doing instead of camping out listening to all the bad things the devil is doing. I am talking about living with your heart in the throne room, your feet on the Word, and your eyes on the Lord Jesus. May God help us all the focus on all God in doing and desires to do for us whenever we face a battle with the bad day blues.