

How to Handle a Bad Day

Introduction

- a. If 2005 has not already given you a bad day, be assured that it will.
- b. We all have bad days.
- c. Jesus can give us a pattern for handling bad days (see 1 Peter 2:21).

1. Have an attitude of forgiveness toward everyone who is trying to ruin your life.

- **Luke 23:34**-Father forgive them for they know no what they do.
- **Matthew 6:12**-after this manner pray ye...forgive us our debts as we forgive our debtors.
- **Matthew 6:14, 15**-For if ye forgive men their trespasses, your heavenly Father will also forgive you: But if ye forgive not men their trespasses, neither will your Father forgive your trespasses.
- **Acts 7:60**-And he kneeled down, and cried with a loud voice, Lord, lay not this sin to their charge. And when he had said this, he fell asleep.
- **Philemon 17**-If thou count me therefore a partner, receive him as myself.

2. Help others who are experiencing your same struggle.

- **Luke 23:43**-And Jesus said unto him, Verily I say unto thee, To day shalt thou be with me in paradise.
- 1 Thessalonians 3:2 describes Timothy as Paul's fellow laborer.
- We are all in this together; let's help one another!

3. Be sure that you have taken care of those near you.

- **John 19:26, 27**-When Jesus therefore saw his mother, and the disciple standing by, whom he loved, he saith unto his mother, Woman, behold thy son. Then saith he to the disciple, Behold thy mother! And from that hour that disciple took her unto his own home.
- Troubling times are often the occasion to lash out toward those who are closest to us.

4. Aim your hard questions at God—not man.

- **Matthew 27:46**-And about the ninth hour Jesus cried with a loud voice, saying, Eli, Eli, lama sabachthani? that is to say, My God, my God, why hast thou forsaken me?

- **2 Peter 1:3**-According as his divine power hath given unto us all things that pertain unto life and godliness, through the knowledge of him that hath called us to glory and virtue.
- Remember that Job still prayer to God.

5. Be human enough to acknowledge your need

- **John 1:1-4**-In the beginning was the Word, and the Word was with God, and the Word was God. The same was in the beginning with God. All things were made by him; and without him was not any thing made that was made. In him was life; and the life was the light of men.
- **John 1:14**-And the Word was made flesh, and dwelt among us, (and we beheld his glory, the glory as of the only begotten of the Father,) full of grace and truth.
- **John 19:28**-After this, Jesus knowing that all things were now accomplished, that the scripture might be fulfilled, saith, I thirst.
- None of us are above need, pain, or suffering. Be human enough to acknowledge it.

6. Be assured, there is an end

- **John 19:30**-When Jesus therefore had received the vinegar, he said, It is finished: and he bowed his head, and gave up the ghost.
- **Matthew 5:10-16** tell us the purpose of some of our troubles.

7. Surrender your day to God and let it go

- **Luke 23:46**-And when Jesus had cried with a loud voice, he said, Father, into thy hands I commend my spirit: and having said thus, he gave up the ghost.
- **Matthew 6:33, 34**-do not worry and waste time thinking on things over which you have no control.
- **1 Peter 5:7, 8**-Casting all your care upon him; for he careth for you. Be sober, be vigilant; because your adversary the devil, as a roaring lion, walketh about, seeking whom he may devour.

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ANYONE WHO PROPOSES TO DO GOOD MUST NOT EXPECT PEOPLE TO ROLL STONES OUT OF HIS WAY, BUT MUST ACCEPT HIS LOT CALMLY IF THEY EVEN ROLL A FEW MORE UPON IT.

~Albert Schweitzer

LOVE THE MOMENT. FLOWERS GROW OUT OF DARK MOMENTS. THEREFORE, EACH MOMENT IS VITAL. IT AFFECTS THE WHOLE. LIFE IS A SUCCESSION OF SUCH MOMENTS AND TO LIVE EACH, IS TO SUCCEED.

~Corita Kent