

Bible Studies

How to solve your problems

Well I guess that the title is a little deceiving. To try and solve our problems by ourselves is foolish. We need God's help. Jesus made the following statement.

"I have told you these things, so that in me you may have peace. In this world you will have trouble. But take heart! I have overcome the world." John 16:33

One thing is certain we are going to face problems, everyone does.
Some of these are temptations from the Enemy, who wants us to fail & fall
Some of them are tests that God takes us through to prove our faith in Him.

In this you greatly rejoice, though now for a little while you may have had to suffer grief in all kinds of trials. These have come so that your faith—of greater worth than gold, which perishes even though refined by fire—may be proved genuine and may result in praise, glory and honour when Jesus Christ is revealed. 1 Peter 1:6-7

Either way, why do you think that God allows us to go through difficulties?

Each problem we face affords us two opportunities, to learn, grow and mature or to fail.
If we face a difficulty, and are found wanting, can they still benefit us?

Peter denied the Lord, you could say he was found wanting. But he learned from his failure and next time he was armed with experience. He never denied the Lord again. Problems come in all shapes and sizes, Some are irritants some are life threatening, some are sudden, some are drawn out, some are chronic, others are short lived. Some are internal, like illness, doubt, fear, depression. Others are external, people, jobs, cars etc.

Here are some practical suggestions.



Pray about it.

Philippians 4v6

James 5v13

John 14:13

What effect is praying going to have?

There is an obvious answer to this! But there are also some less obvious ones.

What did Philippians 4v6 say would happen when we prayed?

The next question is what do we pray?

We pray for a resolution to the problems but we also should pray for guidance and wisdom, as well as strength.

Often you will find in Scripture that when someone prayed, God did not directly solve the problem, but he did show them how. When they obeyed, the problem was solved.

Can you think of any examples?



Give the problem to God and ask Him for help.

Sometimes it is good to pray with someone.

Identify what you need and pray specifically for it.



Define the problem.

LUKE 18V40-43

This is one of several occasions when Jesus asked this question. Surely Jesus could see he was blind, surely He knew he wanted to be healed. **So why did he ask?**

Some of our problems are obvious and easy to define, with others it is not until we sit down and think things through that we realise what is happening and we find what is at the bottom of the problem. People are usually certain what the problem is, (someone else!) often the real problem is quite different, we have to delve deeper.

How do the other people in this situation solve this problem?

If you can see things through their eyes you will know how to act to solve the problem. What other ways are there of looking at this situation?

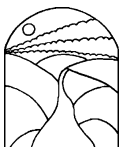
For example you are having a run in with your teens/parents, how does the situation

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look from their eyes? What makes them behave the way they do?

Am I seeing this situation clearly, realistically?

In the middle of a problem it is very hard to see it clearly, our emotions get involved and we see the worst, we give in to paranoia and deception.

Is there a spiritual side to this problem?

Spiritual things need to be solved spiritually, i.e. through prayer, spiritual warfare, fasting etc. It is vital that we ask God to show us the problem for what it is, if we want to avoid deceiving ourselves.

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What options do I have?

It is a good idea to figure out what different options are open to us. What can we do. Mostly we only see one course of action when in fact there are several.

What do I want to do?

What will the consequences be for each action?

(For ourselves others and before God?)

Which ones will please God? Which displease him?

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How does God see this problem?

Now we know what the problem is, we need to see it from God's perspective.

How does he see the problem?

What does He want to achieve from it?

How does God expect me to act?

What does he expect me to do?

When we are faced with difficulties we tend to become egocentric, but God often has a bigger view, he wants to impact other, he wants me to grow.

For example we work with a difficult person, we pray Lord remove them or change them. The truth is that it is us God wants to change, He is using them to knock some rough edges off our character. Or maybe God want to show them Jesus through us.

How will this effect the way we behave?

Are God's goals and our goals usually the same?

A good illustration of this would be the persecution that befell the church in Jerusalem. It would have been fine to pray, "*Lord stop the persecution*".

What was God's reason for allowing it? Acts 8v4

When Hagar ran from Sari her mistress God told her to go back and submit. **Why?**

Another aspect of this is seeing the problem through the eyes of faith. 2 Kings 6v15-17. Through what God promises not through what we see.

How might we have to do this?

We need to do what is right and bring glory to God. 1 Corinthians 10v31-11v1

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What does the Bible say?

The Bible is an incredibly diverse book, what ever problem you face someone in the Bible faced it or there is a verse that speaks to it. Reading the Bible in advance will give you the material to deal with problems and the wisdom to solve them.

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What does wise council say?

Sometimes talking things over with someone helps to put a problem in perspective, they may have a different way of seeing the situation, they may see things you have missed or have suggestions you never thought of. Others faced this problem and found a way through. 1 Cor 10:13

Who would be a good person to talk to?

Who would be a bad person to talk to?

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Is there an area of my life that is allowing this to happen?

Often the problems we face are connected to sin, dealing with the sin helps solve the problem. Many of our problems come because our lives are out of sync with God's will and directions. We have to examine ourselves to see if there is anything in us that is creating the problem, or making it worse.

How are you going to know if there is something you need to change?