



## HOW TO SURVIVE A BAD DAY

a lenten sermon series

### TURNING A BAD DAY INTO A GOOD ONE

As Pastor Ta concluded this series, we learned another way to live through a bad day by observing how Jesus endured His worst day. After hours of suffering on the cross. Author and Pastor Jack Hayford puts it this way: "*To live through a bad day - indeed, to conclude it - is to place it in the hands of God and leave it there.*" Jesus said, "Father, into Your hands I commit my spirit." By making this declaration as His worst day drew to an end, Jesus showed us how to trust God, surrender our issues to Him, and then completely let them go. We often get trapped by worry when we try to control our lives instead of trusting God, but the truth is, the struggles in our lives can't be our problem and God's problem at the same time. As we get to know God personally, put Him first in every area of our lives, and learn to live one day at a time, we can break free from the worry that makes us feel trapped.

**Main Lesson: Your worst day can be God's set up for your greatest miracle.**

Read **Luke 24:13-35**.

#### Discussion Questions

- Discuss your observations of the scripture you just read.
- Discuss the importance of trusting God and completely surrendering our problems to Him. In difficult situations, how is trusting yourself rather than trusting God like serving two masters?
- Think of the things in your life that you are trying to control. How is this affecting the way you think, act, and speak? Think about a time when you surrendered a problem to God, and share how it impacted you emotionally, physically, and spiritually.
- Discuss what it means to "live one day at a time." How can focusing on today lessen the worry and stress in your life.

#### Next Steps

To reduce the worry and stress in your life, surrender your problems to God. To avoid taking your problems back from Him, spend time in worship and prayer and serve others. Remember to live in the present.

#### Prayer Focus

When you find yourself worried or stressed this week, take a moment to pray. Ask God to forgive you for trying to handle things without Him, and declare your desire to put Him first in every area of your life. Ask Him to help you focus on today and not worry about yesterday or tomorrow. Tell God that you trust Him to take care of your needs. Then, completely surrender your day and your struggles to Him.