



World Conquerors Church
Where You Discover Who You Were Born To Be!
www.worldconquerorschurch.org
2017: THE YEAR OF NEW PERSPECTIVE

How do you keep going when you reach your Breaking Point?

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Sermon Notes from May 28, 2017

Everybody has different Breaking Points

Your Breaking Point is the birthplace of a Breakthrough!

➤ Wherever you end...God begins in your life!

Stress is just a part of life. If you don't have stress in your life, you're probably not being very effective. You need a certain amount of stress in your life to accomplish certain things. Certain stress promotes needed attention to areas of your life that need changing; it is what gives you the energy, the effort, and the ability to actually accomplish what God has called you to do. Take a violin, for example. You have to put stress on the violin strings to make music. If you add just the right amount of stress, it creates beautiful music. On the other hand, if you tighten it too tight, the strings snap. It is important that you learn how to manage your breaking points. The Bible gives us four things we need to do when we're stressed to a breaking point.

Release your frustrations

- Stress creates all kinds of negative emotions – like anxiety, worry, fear, guilt, shame, and depression. And it can create frustration as well. What do we typically do with that frustration? Instead of taking it to God, we push it down deeper inside of us and pretend everything is okay. We're the Mom, Dad, Manager, Leader, even Pastor. We can't let anyone see that we're vulnerable.**

But is that really what God wants? Does he want you to be a phony? Of course not. God wants you to be real. God understands your emotions. He created you and gave you the ability to feel what you do. He desires that you express those emotions.

- **The Bible says in Psalm 62:8, “Pour out your heart to him, for God is our refuge” (NLT). He wants us to lay it all out to him. Whatever it is that you’re feeling, just tell him. Don’t repress your feelings of frustration, let them out.**
- **Releasing frustration is not escaping, it’s dealing with your feelings.**
 - **talk your feelings through...constructively!**
 - **go for a walk**
 - **write in your journal**
 - **PRAY!!!!!!!!!!!!!!**

Resist becoming bitter

- **Bitterness is often a by-product of finding yourself stressed to the breaking point. You start thinking, “This stress is unfair. It shouldn’t be happening to me.” You can’t prevent hurt from coming into your life. Although you can’t control your circumstances, you can control your response to them. At some point in your life, you have to decide whether you’re going to be bitter or happy. The sooner you make that choice the better. You can’t be both. After many years of ministry, I’ve learned something about contentment. There’s no connection between circumstances and happiness. Most people want you to believe that there is. They want you to believe that if you were serving at a bigger church, had more money, or a nicer home, you’d be happy. But it’s a lie. We all know people who have it all and are unhappy. Obviously, it’s not a matter of circumstances. Happiness is a choice and Joy is a gift.**
- **Hebrews 12:15b says, “Watch out that no poisonous root of bitterness grows up to trouble you, corrupting many.”**
- **Bitterness never changes anything in a positive way, but gratitude does. Gratitude is the antidote to bitterness. Studies have shown that gratitude is the healthiest emotion that you can possibly have. When you feel like bitterness is taking over, you need to find something that you can be thankful for. You can’t be grateful and bitter at the same time.**

1 Thessalonians 5:16-18 (The Message, MSG)

16-18 Be cheerful no matter what; pray all the time; thank God no matter what happens. This is the way God wants you who belong to Christ Jesus to live.

Receive help from others

- **It's tempting to isolate yourself when you're stressed out. That's the last thing you should do! When you are at your breaking point, you need people in your life. You need people who will give you support, strength, and perspective; hopefully Godly perspective.**
- **Mom, Dad, Manager, Leader, Pastor, that's why you need a support system. You may find that kind of support within your church family, your place of work, your immediate family; you may need to find some others in your community who can support you through stressful times. Regardless, we all need a support system!**
- **It is also important that you set up a support system before a crisis hits. If you wait until a crisis hits to try to find people to walk through it with you, it'll probably be too late. One day you'll hit the wall. Count on it. In your life and in your ministry, you'll hit the wall many times. When that happens, you need to have people you can count on already in place. Ministry (serving) is not something you give up because you are in a crisis! Christians need to come back to the understanding that Ministry (serving) is simply part of the DNA of Christ followers; to do it effectively you will definitely need help from others.**

Proverbs 24:10 (MSG)

If you fall to pieces in a crisis, there wasn't much to you in the first place.

Refocus on Christ so you can see from God's Perspective

- **When you get stressed, your life gets out of focus. You start looking at your problem and stop looking at Christ. All you can see is your pain, your problems, your past. That's when you need to get your focus off of yourself and on Christ. You need to discover your life from God's perspective; when you do that you will discover His Love, forgiveness, patience, grace, mercy, generosity toward you!**
- **That sounds good, but how do you do it? You do these three things:**
 - **Read God's Word. God's Word is a great stress reliever. Go through your Bible and underline verses that mean a lot to you. I have a study Bible that I use during my quiet times, but I also have a stress Bible as well. Every time I get stressed, I open up that Bible and read through the verses I have underlined, it helps me gain or maintain perspective.**
 - **Rely on God's Power. Paul says in 2 Corinthians 1:9, "In fact, we expected to die. But as a result, we stopped relying on ourselves and learned to rely only on God, who raises the dead." If God can raise a**

dead person, he can raise a dead marriage; he can raise a dead career; he can raise anything. He can turn things around that you think are hopeless. In times of stress, remember you're in good hands with God.

- **Remember God's Goodness. Usually when we're stressed, we're focused on what's wrong. And not only do we focus on the bad things in our life, but we exaggerate them. That's exactly when we need to focus on the goodness of God. God is good. You need to remember that when you're stressed out.**

Romans 8:28-39 (Living Bible, TLB)

28 And we know that all that happens to us is working for our good if we love God and are fitting into his plans. 29 For from the very beginning God decided that those who came to him—and all along he knew who would—should become like his Son, so that his Son would be the First, with many brothers. 30 And having chosen us, he called us to come to him; and when we came, he declared us “not guilty,” filled us with Christ’s goodness, gave us right standing with himself, and promised us his glory. 31 What can we ever say to such wonderful things as these? If God is on our side, who can ever be against us? 32 Since he did not spare even his own Son for us but gave him up for us all, won’t he also surely give us everything else? 33 Who dares accuse us whom God has chosen for his own? Will God? No! He is the one who has forgiven us and given us right standing with himself. 34 Who then will condemn us? Will Christ? No! For he is the one who died for us and came back to life again for us and is sitting at the place of highest honor next to God, pleading for us there in heaven. 35 Who then can ever keep Christ’s love from us? When we have trouble or calamity, when we are hunted down or destroyed, is it because he doesn’t love us anymore? And if we are hungry or penniless or in danger or threatened with death, has God deserted us? 36 No, for the Scriptures tell us that for his sake we must be ready to face death at every moment of the day—we are like sheep awaiting slaughter; 37 but despite all this, overwhelming victory is ours through Christ who loved us enough to die for us. 38 For I am convinced that nothing can ever separate us from his love. Death can’t, and life can’t. The angels won’t, and all the powers of hell itself cannot keep God’s love away. Our fears for today, our worries about tomorrow, 39 or where we are—high above the sky, or in the deepest ocean—nothing will ever be able to separate us from the love of God demonstrated by our Lord Jesus Christ when he died for us.

Are you at a breaking point today? I don't know what kind of pain you're dealing with, but God does. He cares about you, and He cares about you and your ministry. Hang in there, release your frustration, resist becoming bitter, receive help from others, and refocus on Christ. I believe the best of your life may be directly ahead of you.

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