



KEEP CALM AND SHAKE IT OFF!

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Acts 28: God told Paul, “I have a purpose for you!”

- Even in the midst of the worst of trials—God has a purpose for you!
- He doesn’t send the storms of life—but He will direct the storm for **YOUR SAKE!**
- He will direct the winds in your favor!

Sometimes people around you make decisions that affect YOUR LIFE in a negative way.

- They do things that hurt you and that seem to affect your life and destiny.
- But you have to remember that this is not the end of the story!
- It may look like they have the upper hand—but God will turn it around for your good!

God said 4 powerful statements:

1. Don’t be depressed because no one will perish! We will make it through the storm!
2. Don’t be afraid because you have a destiny to fulfill!
3. Keep up your courage because God will protect you!
4. And lastly, you have God’s favor!

1. We are NOT victims of our circumstances.

- We may not be able to choose our circumstances, but we **CAN CHOOSE** how we respond to them.
- Don’t develop a **VICTIM MENTALITY**.

VICTIMS:

View trials as defeat
 Constantly say, **Why me?**
 Blame others
 Rely on people for contentment
 Live from the place of fear
 Negative self-image
 Complain a lot
 Feel powerless
 See themselves as weak
 Remain in the same thought pattern
 Critical
 Get bitter
 Remain stuck

VICTORS:

Know trials are a part of life (Jn. 16:33)
 Say, **Lord, help me!**
 Trust God’s provision and vindication
 Rely on God because He is your life
 Live from the place of faith
 See themselves through God’s Word
 Say “Thank You” a lot
 Don’t live by their feelings
 See themselves as strong in the Lord
 Constantly renew their minds
 See the good (glory to glory)
 Get better
 Move forward and upward

2. Don’t hold on to the negative things.

- Don’t take the burden on yourself. *Psalm 55:22*
- When you shake things off—it’s a **RELEASE!** You are releasing it to God in faith.



3. Trust God for the things YOU CANNOT CONTROL.

- If you're you in control—you're going to have problems! But if God is in control—you're going to have VICTORY!
- We may not be able to control everything, but we can control how we respond. *John 14:1*

4. Don't assume the worst in a situation! Assume the best! *Isaiah 52:12*

How to encourage yourself in the Lord:

- Recognize when you first start feeling discouraged.
- Do something IMMEDIATELY to COMBAT the discouragement. *Psalms 43:5*
- Another thing you can do to encourage yourself is to turn your worry into a prayer.
- You can also encourage yourself by listening to an encouraging sermon or reading an encouraging book.

5. Don't allow just anything to attach itself to you! *1 Peter 5:7-9*

- Stop accepting everything that comes your way!
- Shake off discouragement!
- Shake off insecurity!
- Shake off fear and worry!

Notes: _____
