

When You Can't Take It Anymore

1 Thessalonians 3:1-5

The Foundations of our Faith, part 11

- I have been told many times, I can't take it any longer! This phrase is often used to justify some selfish or disobedient course of action that is contrary to God's Word and will.
- I can't take it anymore... so I just can't **OBEY** God!
- I can't take it anymore... so I will do this **MY WAY** and not according to God's will or Word!
- Paul was feeling intolerable anxiety & unbearable suspense, but he shows us the best way through times we can't bear on our own:

1. **Decision: Choose a wise course of action, v.1**

A. When you can't take it anymore, you are going to make decisions. Make wise decisions, based on Biblical principles that will result in the best course of action.

B. He **sacrifices** personal comfort, enduring loneliness, for the progress of the Gospel.

2. **Attention: Focus on what's important, v.2**

- When you can't take it anymore, something has your attention. Make sure your mind is stayed on God, His Word, and His glory (Isaiah 26:3). Pray and let His Spirit lead you to see what is really important when you are full of anxiety & uncertainty about the future.

A. Their **faith** was the priority of Paul's heart (v.2,5,6,7,10)

B. In life, the important rarely seems urgent; and the thing that is urgent is rarely important.

3. **Expectation: Keep the right perspective, v.3-5**

- When you can't take it anymore, keep your expectations rooted in reality and keep the right perspective. Wrong expectations can defeat and devastate you!

A. Expect **trouble**, v.3,4

B. Expect **temptation**, v.5