

Coach Notes

Adversity: Turning Tragedy into Triumph

Character Counts: Rod Handley

1. Recognize who is your primary enemy? Read Ephesians 6:12

- Not against flesh and blood
- The battle is against rulers and authorities of the dark world (spiritual realm)

How do you apply?

- Change your **focus** towards the true enemy.
- Battle in **prayer** against the things that bring you frustration.

2. Do not become prideful and vindictive by taking things into your own hands.

(How should you handle vengeance?)

- Don't take revenge but leave room for God to handle it.
- God gives a promise he will repay your enemy.

How do you apply?

- The battle is not ours, it goes back to Ephesians 6:12 who we really fight.
- When we release the hurts others have caused, God will handle it.
- Don't collect emotional trash but throw it away.

(How did Hezekiah the king of Juda receive deliverance from the attack against the Assyrian King?) Read 2 Kings 19:34-37 and the entire story in chapter 18

- God promised to be a shield and protect Hezekiah and the city.
- Sent an angel to destroy Hezekiah's enemy.

- The King that flaunted him and God was killed by his own son.

→ What have you been delivered from?

→ What enemy do you need to be delivered from?

Application:

- God will protect you and your family.
- Without you laying a hand on your enemy God will take them out.
- Those who flaunt God will get theirs in time.

3. Don't react, reflect

(What does God expect from us? Psalms 46:1-10)

- He is our refuge and strength in times of trouble.
- He is with us and is our fortress.
- He burns the shields with fire and protects us from the arrows thrown.
- Be still and know He is God

Application:

- **Our Job** is to wait and acknowledge who God is (our source of help)
- **He covers:** God is our refuge, strength, almighty fortress
- **Action: God** Breaks and shatters what the opponent bring against us.

4. Let God make you better, not Satan making you bitter.

(How can you apply this verse in your life? Romans 8:35-39)

- Recognize nothing can separate you from the love of God)

- Nothing from the physical can separate us from God.
- Life and Death cannot separate us from God.

Application:

- Verse 39 nothing in creation can separate you. Don't allow hurt and pain from a lack of validation separate you.
- If the creator validates you, it doesn't matter that creation puts you down who is of lesser value.
- Learn to live free and don't wait any longer for man's validation but accept God's love.
- God will never defile you, neglect you and will always validate you.

→ Who are you still waiting for validation? Why?

→ Will it change the way you feel about yourself?

5. Let God deepen you, don't let Satan destroy you.

(Read Roman 8:28)

What promise does God provide?

What criteria must we have?

- All things work together for the good.
- We must love Him
- Understand the calling is just to be His child.

Application:

- God will use the worst situation in our favor.
- Pain allows us the strength to become who we were meant to be.
- The heavier the weights of life become the more endurance occurs.

6. Don't be self-absorbed but be self-abandoned

(Read Mark 10:45)

How did Christ model for us servanthood?

- Jesus main mission was to serve even to the point of death.

Application:

- Much internal conflict can be avoided by relinquishing your rights for the right of others.
- The power of serving draws others to you.

Player Notes

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(How should you handle vengeance? Read Romans 12:19)

- The battle is not _____, it goes back to Ephesians 6:12 who we really fight.
- When we release the _____ others have caused, God will handle it.
- Don't collect emotional _____ but throw it away.

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(How can you apply this verse in your life? Romans 8:35-39)

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How did Christ model for us servanthood?

- Much internal _____ can be avoided by relinquishing your rights for the right of _____.
- The power of serving _____ others to you.