

Taming your Trouble

It seems as if there is trouble everywhere. There is opposition from all sides. Not only is trouble something that everybody has and nobody wants, but it is also something that we will not soon be rid of.

Americans consume 63,000 pounds of barbiturates every day. Sixty-three thousand pounds—that's a lot of pills. Most people are just trying to escape the pain and pressure of tension and stress that is brought on by trouble. What we really need is an old-fashioned dose of *I Peter 5:7*, "*Casting all your care upon him; for he careth for you.*"

Think with me about these basic areas:

1. The Source of Trouble (pg. 5)
2. What to Do When Trouble Comes (pg. 13)
3. What God Gives Us When He Solves Our Problems (pg. 25)

THE SOURCE OF TROUBLE

Where do we find all of this trouble that we get ourselves into? Where does trouble come from? An old Englishman said that all trouble comes from one of three enemies. Those three enemies are internal, external, and infernal.

Internal

The internal enemy is the old nature, the old man, the constant battle we have with ourselves. That is the guy we must have a funeral for every day. The apostle Paul said, "*I die daily.*"

External

The external enemy is the world around us. The world and all the material things in it, is constantly pressuring us to do wrong and creating conflict in our lives. This world's system with its false psychology, humanism, atheism, and false religions is in direct opposition to the Christian life. Satan uses the world's system to attempt to destroy the Christian's effectiveness for God.