

HOW TO LIVE THROUGH A BAD DAY

The Essential Step

John 19:28-29

Later, knowing that everything had now been finished, and so that Scripture would be fulfilled, Jesus said, “*I am thirsty.*” A jar of *wine vinegar* was there, so they soaked a sponge in it, put the sponge on a stalk of the hyssop plant, and lifted it to Jesus’ lips. (John 19:28-29, NIV)

The **Essential Step**: Be human enough to **acknowledge** your need.

Why?

Then the LORD God said, “It is not good for the man to be *alone*.” (Genesis 2:18, NLT)

He answered, “I heard you in the garden, and I was *afraid* because I was *naked*; so I *hid*.” (Genesis 3:10, NIV)

(1) The fear of being **hurt**.

I am *attacked* by people I don’t even know; they slander me constantly. They mock me and call me names; they snarl at me. How long, O Lord, will you look on and do nothing? Rescue me from their fierce attacks. Protect my life from these lions! (Psalm 35:15–17, NLT)

“Do not fear those who can *hurt* your body, because they cannot touch your soul.” (Matthew 10:28, RHP)

(2) The fear of being **rejected**.

For they *loved human praise* more than the praise of God. (John 12:43, NLT)

Thank you for making me so *wonderfully* complex! Your workmanship is *marvelous*—how well I know it. (Psalm 139:14, NLT)

(3) The fear of being **exposed**.

You can’t keep your true self hidden forever; before long you’ll be *exposed*. You can’t hide behind a religious mask forever; sooner or later the mask will slip and your true face will be known. (Luke 12:2, The Message)

But if we are living in the *light*, as God is in the *light*, then we have *fellowship* with each other... (1 John 1:7, NLT)

Community is God’s answer to **isolating** fear.

How?

(1) I need someone to **walk** with me.

Two people are better off than one, for they can *help* each other succeed. If one person falls, the other can reach out and help. But someone who *falls alone* is in real trouble. (Ecclesiastes 4:9–10, NLT)

The Issue: **Support**

When you run **alone**, you run **fast**; but when you run **together**, you run **far**.

(2) I need someone to **watch** over me.

Likewise, two people lying close together can keep each other *warm*. But how can one be warm alone? A person standing alone can be attacked and defeated, but two can stand back-to-back and *conquer*. (Ecclesiastes 4:11–12, NLT)

The Issue: **Blind Spots**

Friends don’t let friends do **stupid**!

(3) I need someone to **work** with me.

Three are even *better*, for a triple-braided cord is not easily broken. (Ecclesiastes 4:12, NLT)

The Issue: **Growth**

If it is to **be**, it will take more than **me**!