



➤ 3 REASONS FOR THIS SERIES:

1. I _____ bad days.

Here on earth you will have many trials and sorrows. **John 16:33** (NLT)

2. Bad days _____ me.

I have told you these things so that you won't abandon your faith. **John 16:1**

3. Jesus _____ to survive bad days.

I have told you all this so that you may have peace in me... take heart, because I have overcome the world. **John 16:33b** (NLT)

Friends, be glad, even if you have a lot of trouble. ³You know that you learn to endure by having your faith tested. ⁴But you must learn to endure everything, so that you will be completely mature and not lacking in anything. **James 1:2-4** (NCV)

➤ SECRET #1- FIND A WAY TO PRACTICE FORGIVENESS

Jesus said, "Father, forgive them, for they do not know what they are doing." **Luke 23:34** (NIV)

Two questions you might be asking:

Question #1- "Why should I forgive?"

- Because it's a _____ from Jesus.

Peter came up to the Lord and asked, "How many times should I forgive someone who does something wrong to me? Is seven times enough?" ²²Jesus answered: Not just seven times, but seventy-seven times! **Matthew 18:21** (CEV)

- Because it's _____ with being forgiven.

If you forgive others for the wrongs they do to you, your Father in heaven will forgive you. ¹⁵But if you don't forgive others, your Father will not forgive your sins. **Matthew 6:14-15** (CEV)

- Because it's _____ to "hold a grudge"

To worry yourself to death with resentment would be a foolish, senseless thing to do. **Job 5:2** (TEV)

Peace of mind makes the body healthy, but jealousy is like a cancer. **Proverbs 14:30** (TEV)

Question #2 - "How can I forgive them?"

1. _____ of myself.

No one can kill me without my consent—I lay down my life voluntarily. **John 10:18** (LB)

2. _____ those who are hurting me.

They do not know what they are doing... **Luke 23:34b** (NIV)

3. _____ I have received.

Instead, be kind and merciful, and forgive others, just as God forgave you because of Christ. **Ephesians 4:32** (NCV)

4. _____ to do the right thing.

When they hurled their insults at him, he did not retaliate; when he suffered, he made no threats. Instead, he entrusted himself to him who judges justly.

1 Peter 2:23 (NIV)

Do your best to live in peace with everyone. ¹⁹My friends, do not try to punish others when they wrong you, but wait for God to punish them with his anger. It is written: "I will punish those who do wrong; I will repay them," says the Lord. **Romans 12:18-19** (NCV)

5. _____ for the payoff.

Let us keep our eyes fixed on Jesus... He did not give up because of the cross! On the contrary, because of the joy that was waiting for him, he thought nothing of the disgrace of dying on the cross... **Hebrews 12:2** (TEV)

Never pay back one wrong with another, or pay an angry word with another one; instead, pay back with a blessing ... so that you inherit a blessing yourself. **1 Peter 3:9** (JB)

This and other helpful lessons are available at crossingscollinsville.com/sermons