



**1. Pray to the Father so that you don't become prey to the flesh. (Mark 14:38, James 1:19)**

Relationship with God doesn't guarantee that people will act right, but it does give the strength to react right.

In dealing with a difficult person, the flesh will drive you to:

1. Close your heart
2. Open your mouth

Put on a mask over your mouth to slow down the spread of anger.

4 Types of Anger by Adrian Rogers

1. Sudden anger - control it
2. Sinful anger - condemn it
3. Spirit of anger - conquer it
4. Sanctified anger - channel it

**2. Don't spit into the cup of suffering, drink from it. (John 18:11, Gal 5:22-23, 2 Tim 2:3,12)**

We are more prone to kill for Jesus than to suffer with Jesus.

Breaking precedes breakthrough.

Allow the Holy Spirit to use the suffering around you to produce the fruit of long-suffering in you.

Fruit of the Holy Spirit is LONG-SUFFERING, not avoiding suffering.

Long-suffering is patiently enduring lasting hardship.

Before you stop the suffering, make sure you don't let the suffering stop you.

"The best leaders had to endure more pain. Many people could never have more influence because they don't have a big enough leadership pain threshold. If you are not hurting, you are not leading." - Dr. Sam Chand (Leadership Pain)

Jesus didn't quit on people to end the pain.

Holy Spirit is not interested in removing suffering first but improving your ability to suffer successfully.

When you can't control the suffering, allow the Holy Spirit to help you control yourself.

Control complicates suffering. Self-control will alleviate suffering.

### 3. What to do when you can't do it anymore? (Luke 23:26)

Don't quit; get help!

Don't become desensitized by drinking poison.

The first wine (mixed with myrrh) was designed to dull Jesus' pain, to keep Him from having to endure the cross with full consciousness. This wine He refused.

The second (sour) wine was given to keep Him "conscious for as long as possible," and thus have the effect of prolonging His pain. This is the wine Jesus drank.

Poison for the pain is overeating food, sex, alcohol, drugs, gambling, overworking, offense, and bitterness.

Disinfect the wound.

Forgiveness turns wounds into scars, and God will turn scars into testimony.

Distance yourself from an evil person.

It takes one to forgive; it takes two to reconcile.

If Jonah is rocking your boat, it's time to throw him overboard.

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