

HOW TO GET OVER WHAT YOU'VE BEEN THROUGH

Ps. 18:29

This verse mentions two things. It speaks of running THROUGH a troop (“run through a troop”) and leaping OVER a wall (“leaped over a wall”).

So, there are two obstacles. One is a line of the enemy that is standing before him. He must run “through” it. And then, beyond this there is a wall that must be gotten over.

He says, the Lord has not only helped me through the troop but He has helped me get over the wall.

Many times, we go THROUGH things and we get

both / something tried to stop me / it didn't

gone through difficult time / not ordinary / real trouble came

someone really hurt you / someone died / financial shipwreck / you failed

when it happened / just about got you / in shock at first / the “I can't believe this is happening”

then / devil attacks / you can't make it / why would God

finally / gotten through that / actual event is over / initial shock is behind you
God / helped you through the troops

someone died / funeral is over / back to regular routine

haven't gotten over it / still hurts / still stays on your mind

someone hurt you / initial shock is behind you / you've run through
can't get over it

you failed / you confessed / still feel guilty / so unworthy

gotten through the first part / but it isn't over / at least not for you

comes to terms / it happened / can't undo it

it's in the past / can't put it in the past / circumstance is behind you / can't get over it

HOW DO I GET OVER WHAT I HAVE BEEN THROUGH

1. **HELP COMES FROM GOD AND ONLY GOD** “by thee / by my God”

try on your own / defeated every time / devil will wipe up / floor / flesh will bring you to your knees

2. **IF IT'S OUR FAULT, WE MUST CONFESS AND ACCEPT FORGIVENESS**

many things happen to us / some things / our fault

Mk 14:38 Watch ye and pray, lest ye enter into temptation. The spirit truly *is* ready, but the flesh *is* weak.

never relax your guard / flesh never quits / we're at war
ask him if it is

3. **GIVE YOURSELF SOME TIME TO HEAL**

will take time / a wound takes time / cut yourself / takes time

don't let it go too long / cut my foot / still limping 5 months later
not an excuse / feel sorry for ourselves

big difference / hurting until you heal / self pity

self pity is idolatry / = putting something before him / me before God

it's being selfish / about ME / our lives are to be about HIM
takes time for wound to heal / can keep it open by picking at it / never heal if we do
the time depends on the cause / we sin / confess / immediate

4. **REALIZE IT COULD BE WORSE**

I don't know how / it could be / thankful my mama went home / nursing home

5. **CHANGE OUR HABITS**

some things we do / keeps us in past / don't let yourself dwell on it
get in word / meditate / become a prayer warrior
get out / stay busy

6. **MAKE WORSHIP IMPORTANT**

Ps 18:1-2 I will love thee, O LORD, my strength. The LORD *is* my rock, and my fortress, and my deliverer; my God, my strength, in whom I will trust

going through terrible circumstances / first thing he does / remind himself / how good he is
go to him / not to complain / ask / to worship / thank

7. **ALLOW YOURSELF TO ACCEPT HIS HELP**

realize / God wants you to / it's ok to / it's right
realize you have a helper / not alone / let him comfort
he has help / he says he does / didn't lie
doesn't matter how severe / how deep it hurts / hard is was / can help us
we must want it / must really want to get over it
need to apply / antiseptic / it burns / hurts / it's needed
when I say what I have said / it hurts / we need it
need to get over it

IT ISN'T GIVING IN

they wronged me / don't think they should get by with it
if they did / He knows it / let him take care of them
if I get over it / letting them down / only way to hold on to them
not asking us to forget them / act like they never existed
saying / get over the pain / misery
if they won vacation / won't want them to not go
miss them / but glad for them

8. **OFFICIALLY PUT IT BEHIND YOU**

time comes / we need to get over it / sooner than we're ready
ever had surgery / doc says / get up and walk / "it hurts, not ready"
longer you lay there / harder it will be / best thing for you
it's been long enough / I need help / I'm giving this to you
no longer mine / it is behind me
not suggesting / will be easy / quick / it will work

one of most difficult messages

/ I know your hurt / I feel it too
I've been hurt / I've lost / gone through