

## WHERE CAN YOU GET HELP IN TIMES OF DISTRESS?

### *Note to the speaker:*

As you provide a solid basis for belief that Jehovah is readily to be found during all our distresses, demonstrate fellow feeling for those who are suffering

### **WE ARE LIVING IN TIMES OF DISTRESS** (4 min.)

The Bible foretold that the last days would be marked by distress (Mr 13:8)

Truly, we are living in “critical times hard to deal with” (2Ti 3:1-5)

Yet, around the earth, Jehovah’s Witnesses are recognized as a happy people

How are faithful Christians able to maintain joy when they face bitter opposition and persecution for their faith as well as the stresses of family problems, sickness, economic hardship, and the loss of loved ones in death? (2Ti 3:12)

This question is important, for discouragement over trials can weaken our resolve to endure to the end (Pr 24:10)

Let us consider how we can cope with distressing situations and maintain our trust in Jehovah, our “fortress in the time of distress” (Ps 37:39)

### **WHAT WILL HELP US IN TIMES OF DISTRESS?** (18 min.)

Our loving God, Jehovah, has provided the means by which we can cope with our problems (Ps 55:22; 1Jo 4:8)

It is important, then, to turn to Jehovah in prayer (1Sa 30:6; Ro 15:5; 2Co 1:3, 4)

The Scriptures contain many prayers offered in times of distress (1Sa 1:4-20; Ps 42:6, 8)

If pressure is so severe that even prayer is difficult, bear in mind the words of Psalm 34:18 [Read]

Holy spirit can help us to cope with distress

Jesus promised his disciples that the holy spirit would act as a helper, or comforter, forever (Joh 14:16, ftn.)

Like the early Christians, we can count on God’s spirit to infuse us with boldness (Ac 4:31; 1Th 2:2)

Jehovah may use fellow Christians to help us and allay our anxiety (Pr 17:17)

In the case of Paul’s concern over the Corinthians, relief came through his Christian associate Titus (2Co 7:5-7)

Loving, unselfish assistance is available in the Christian congregation (*w99* 5/15 25-28)

When troubled, make an effort to associate regularly at the meetings, and resist the urge to isolate yourself (Pr 18:1)

At times, some may feel too downhearted to enjoy association with fellow Christians

We should fight such feelings and not deprive ourselves of the comfort that fellow believers can offer

### **JEHOVAH CARES FOR HIS FAITHFUL SERVANTS** (8 min.)

As Christians, we should take care to keep pressures and problems from weakening our relationship with Jehovah (Ro 8:35, 38, 39; *w97* 7/1 8-13)

Avoid negative thinking

Do not conclude that you are sick spiritually if you experience emotional pain

We should not act with suspicion toward those who are depressed

Paul urged the brothers to “speak consolingly to the depressed souls” (1Th 5:14)

Jehovah recognizes that even faithful Christians experience distress (Ps 37:39)

Remember that the distresses we face are temporary (Pr 13:12; 2Co 4:18)

In time, there will be a way out of our trials, and we will “come in with a joyful cry” (Ps 126:6)

Jehovah has affection for you! (Jas 5:11)

Let all of us continue to do our part, loyally trusting in Jehovah as our fortress, our place of refuge and escape

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TO BE COVERED IN 30 MINUTES

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