***You are under pressure, but you can take it!***

So, what do you think of when you hear “tribulation”? The great tribulation? Great persecution? Beheading?

*John 16:33*

*The dictionary definition of tribulation: An experience that is hard to bear. Distress or suffering resulting from cruel and unjust treatment or misfortune. Synonyms: trouble, worry, anxiety, burden.*

*Tribulation:2347 thlípsis* – properly, *pressure* (what constricts or rubs together), used of a narrow place that "hems someone in" *tribulation*, especially *internal pressure* that causes someone to feel confined (restricted, "without options").

Pressure, between a rock and a hard place. To feel like you are without options.

I just wanted to point out to you that the kind of tribulations that Jesus was talking about is pressure.

1Peter 5:7-9

“Afflictions” Under God, 3804 */páthēma* ("strong feeling") is *redemptive*, preparing us to*know the Lord*better now and *forever in glory* (cf. Ro 8:18; Phil 3:10; 1 Pet 5:1). 3804 (*páthēma*) is *not* inherently negative; indeed, it is *only* negative when experienced outside of (apart from) *faith*. See 3958 (*pasxō*).

***Jesus places the emphasis on overcoming! That is the reason he came in to the world, to overcome.***

What you think about all the time becomes what you say out your mouth. So, if what you are thinking about is a worry, then that anxiety will build up on the inside and then it will make its way out of your mouth.

Romans 14:23 Whatever is not in faith is sin. The opposite of faith is fear. Whatever is in fear is sin. Anxiety, etc.

In just about every book in the bible, we are commanded to fear not. I think it is important.

Rather, take the time to meditate a particular scripture and speak that out of your mouth to counteract the worry that is plaguing you.

Joshua 1:8, Philippians 4:4-8

Ephesians 6:10-20 and then having done all that you know the Word says to do, you make your stand and let your faith and the Word go to work for you.

The next thing to do is to praise and praise and stay in praise.

What do we do when we have done all? We stand!

By Mary Leonard