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## For Your Consideration

“Let us consider  
how to stimulate  
one another to love  
and good deeds.”  
Hebrews 10:24

APRIL 2020



Ron Adams  
“Be thoughtful and kind.”

## BIBLE RESOURCES

<http://ra10ar.com>

(Quotations from NASB)  
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## DISTRESS

**Distress:** *pathema* (G3804), from *pathos*, “suffering,” signifies “affliction.” The word is frequent in Paul’s epistles and is found three times in Hebrews, four in 1 Peter; it is used of “afflictions,”

—Vines Expository Dictionary

**Distress:** Apprehensive, anxious, or insecure feelings worry. —American Heritage Dictionary

### OUR PRESENT DISTRESS

Our present distress of a pandemic disease is only one of many distresses that have plagued humanity throughout history. And there will be others. It’s just one “blip on the radar.” We need to trust in God. We need to pray. We need to be wise. We need to be faithful.

### THE TESTING OF OUR FAITH

James wrote that “. . . when you meet trials of various kinds, for you know that the testing of your faith produces steadfastness . . . .” James 1:2-4 E5V

Tribulation, distress, persecution, famine, and peril, (Romans 8:35) are beyond our control. And so are fires, earthquakes, tornadoes, hurricanes, and pandemic diseases. They put our faith to the test. How we face them. How we respond to them. And how we emerge from them. Victor or victim? Strengthened or weakened? Better or bitter?

*How blessed is the man who finds wisdom and the man who gains understanding. For her profit is better than the profit of silver and her gain better than fine gold.* Proverbs 3:13-14

### THEREFORE (FOR THIS REASON)

*Therefore humble yourselves under the mighty hand of God, that He may exalt you at the proper time, casting all your anxiety on Him, because He cares for you. Be of sober spirit, be on the alert. Your adversary, the devil, prowls around like a roaring lion, seeking someone to devour. But resist him, firm in your faith, knowing that the same experiences of suffering are being accomplished by your brethren who are in the world. After you have suffered for a little while, the God of all grace, who called you to His eternal glory in Christ, will Himself perfect, confirm, strengthen and establish you.* 1 Peter 5:6-10

### WHEN STRESSED

- :6 Patiently submit to Him with an attitude of humility.
- :7 Cares and worries are best handled by prayer. God can do what you can’t do.
- :8 Watch and pray. Be aware of your situation. Be alert.
- :9 Your sufferings are not unique. There is nothing special about your case.
- :10 Keep the goal in sight. It’s what life in Christ is all about.

*Test yourselves to see if you are in the faith; examine yourselves!  
Or do you not recognize this about yourselves, that Jesus Christ  
is in you—unless indeed you fail the test?*

2 Corinthians 13:5

### MOTTOS THAT HELP

Here is my perspective as a senior citizen (or, to borrow a Biblical term, Ron the aged). Over the years I have come up with some mottos that help guide me through difficult times. When faced with what I can’t do: **“Do what you can, with what you have, where you are.”** When I question ‘why me’: **“I’m not the only one.”** When I can’t change my current position: **“I need to change my disposition.”** When dealing with contrary individuals: **“Be thoughtful and kind.”**

(A personal note)

### ADVERSITY: IN RETROSPECT

With the benefit of hindsight (and at my age there is plenty) one can grasp the significance of what was experienced, and hopefully gain some wisdom.

I was born during the Great Depression when hard times were wide spread. I grew up during World War II when rationing and shortages were the norm. Childhood diseases were a given and polio was a scourge. There were few luxuries. Hand-me-down clothing was common place. There were no "safety nets" for hardships and distresses, except for neighbors and friends.

You had to adjust, improvise, or do without. Enduring such situations helped mold character and resolve (unless one develops a victim mentality). It may have been hard. No, it was hard. But complaining was not the answer. It was what it was. You "buckled up" and kept going.

In retrospect the hard times had a positive effect on my growing up. Just as being a disciple Christ has had a positive effect.

### In a Nutshell



### WE MUST LEARN

Unless we learn from our experiences we will have little to draw from when distressed by a new situation. No doubt there will be more.

### GOD IS IN CONTROL

Remember God is over all. What looks like a negative may produce a long term positive.

### GOD IS NOT 'MISTER FIX IT'

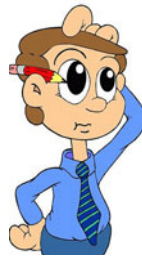
When tragedy strikes, some ask, "Where is God? He needs to do something." They see Him as the great fixer-upper that's called to help. But He is dismissed from their thoughts after it is fixed. So sad.

### A SILVER LINING

During this time of distress, good things are happening. There is widespread outpouring of concern for the elderly, for neighbors, and for those less fortunate. "Love one another" is the hallmark of the day. It demonstrates that people, not things, are most important. It has brought out the best in people.

### Succinctly Put

Trust in God. Take care of yourself. Help others.



### Ponder This

### 'As Is, Where Is'

"As is, where is," is a term used at auctions. It means that when you bid on an item and make the winning bid, it's yours "as it now is, where it is now." Life is a lot like that.

We must take it as it is now, where we are now. We are not given the option of refusing to accept it until it is changed to our liking.

It is apparent that the Apostle Paul understood this concept when he wrote in Philippians 4:11:

*"Not that I speak from want; for I have learned to be content in whatever circumstances I am. I know how to get along with humble means, and I also know how to live in prosperity; in any and every circumstance I have learned the secret of being filled and going hungry, both of having an abundance and suffering need. I can do all things through Him who strengthens me."*

There are many things which happen about which we have nothing to say. We had no voice in deciding when we were born, the family into which we were born, or the social, cultural and economic status of that family. There are many things over which we have little control: how others treat us, what kind of diseases we will contract, our length of life, etc.

Since we exert so little control over such external things, we must learn to accept life "as is, where is." This is what produces contentment. Not that we wouldn't like it to be different. Not that we shouldn't try to improve our lot in life. It is accepting our present circumstances for now.



### It's Up to Me

Some years ago while going through one of those trying times that is part of living, I posted the following thought on my office wall: "IT'S UP TO YOU TO HAVE A GOOD DAY." It reminded me that it's not up to others to make my day.

A good day does not depend on people, events, or things. It's my attitude that determines whether I have a good day or a bad day. It's what I choose to think and do that matters.

**With the right attitude I can have a good day!**

*This is the day which the LORD has made;  
Let us rejoice and be glad in it.*

Psalm 118:24