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## **Every Day Relationship: Holding On When Life Gets Tough**

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**Romans 12:12 (NIV):** ...Be patient in trouble...

**2 Corinthians 11:24-27 (NIV):** Five times I received from the Jews the forty lashes minus one. Three times I was beaten with rods, once I was pelted with stones, three times I was shipwrecked, I spent a night and a day in the open sea, I have been constantly on the move. I have been in danger from rivers, in danger from bandits, in danger from my fellow Jews, in danger from Gentiles; in danger in the city, in danger in the country, in danger at sea; and in danger from false believers. I have labored and toiled and have often gone without sleep; I have known hunger and thirst and have often gone without food; I have been cold and naked.

**2 Corinthians 4:16 (NIV):** Therefore we do not lose heart...

### **Three Ways to Hold On When You Feel Like Letting Go**

#### **Way #1: Live One Day at a Time**

**2 Corinthians 4:16 (NIV):** ...Though outwardly we are wasting away, yet inwardly we are being renewed day by day.

#### **Way #2: Realize There is Meaning in Suffering**

**2 Corinthians 4:17 (NIV):** For our light and momentary troubles are achieving for us an eternal glory that far outweighs them all.

**2 Corinthians 4:17 (CEV):** These little troubles are getting us ready for an eternal glory that will make all our troubles seem like nothing.

**Romans 5:3-5 (NIV):** Not only so, but we also glory in our sufferings, because we know that suffering produces perseverance; perseverance, character; and character, hope. And hope does not put us to shame, because God's love has been poured out into our hearts through the Holy Spirit, who has been given to us.

#### **Way #3: Keep an Eternal Perspective**

**2 Corinthians 4:18 (NIV):** So we fix our eyes not on what is seen, but on what is unseen, since what is seen is temporary, but what is unseen is eternal.