

# Defeating Dark Days

December 1, 2024

<sup>44</sup>Jesus shouted to the crowds, “If you trust Me, you are really trusting God. <sup>45</sup>For when you see Me, you are seeing the One who sent Me. <sup>46</sup>I have come as a Light to shine in this dark world, so that all who put their trust in Me will no longer wander in the darkness.” John 12:44-46 (TLB)

## What Darkness Are You Facing?

David— “I have cried desperately for help, but still it does not come.” Psalm 22:1 (GNT)

Job— “I hoped for happiness and light, but trouble and darkness came instead.” Job 30:26 (GNT)

David—“Lover, friend, acquaintance - all are gone. There is only darkness everywhere.” Psalm 88:18 (TLB)

## God’s Light for Defeating Our Difficulties:

David— “You, Lord, are my light; You dispel my darkness.” 2 Samuel 22:29 (GNT)

“I can do all things [which He has called me to do] through Him who strengthens and empowers me [to fulfill His purpose--I am self-sufficient in Christ’s sufficiency; I am ready for anything and equal to anything through Him who infuses me with inner strength and confident peace.]” Philippians 4:13 (AMP)

## To Dispel Darkness We Must Use His Strength To:

- **BLESS** rather than **CURSE**.

“Bless those who persecute you; bless and do not curse.” Romans 12:14 (NIV)

- **RELEASE** rather than **REHEARSE**.

“To worry yourself to death with resentment would be a foolish, senseless thing to do.” Job 5:2 (GNT)

<sup>31</sup>Get rid of all bitterness, rage, anger, harsh words, and slander, as well as all types of evil behavior. <sup>32</sup>Instead, be kind to each other, tenderhearted, forgiving one another, just as God through Christ has forgiven you.” Ephesians 4:31-32 (NLT)

- **NEUTRALIZE** rather than **NURTURE**.

“In your anger do not sin: Do not let the sun go down while you are still angry, and do not give the devil a foothold.” Ephesians 4:26-27 (NIV)

*“You are only hurting yourself with your anger. ... ” Job 18:4 (GNT)*

- **UNLOAD** rather than **UNRAVEL**.

*“You can throw the whole weight of your anxieties upon Him, for You are His personal concern.” 1 Peter 5:7 (PHILLIPS)*