

8 PROVEN STRATEGIES

THAT HELP YOU GET THROUGH HOPELESS SITUATIONS

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• BELIEVE PASSIONATELY • ENCOURAGE BOLDLY • HOPE REVEALED

8 PROVEN STRATEGIES THAT HELP YOU GET THROUGH HOPELESS SITUATIONS

BY MATT CRUMP GODSGOTTHIS.LOVE

WHETHER IT'S THE END OF A RELATIONSHIP OR THE INEVITABLE FORECLOSURE OF A HOME, SOME CIRCUMSTANCES ARE SIMPLY BEYOND SAVING. SOME SITUATIONS HAVE TO RUN THEIR COURSE AND OTHER PLANS NEED TO BE MADE. BUT HOPELESS EVENTS DON'T EXCLUDE THE POSSIBILITY OF BETTER DAYS AHEAD. IF YOU'RE IN A HOPELESS SITUATION, LETTING GO, LEARNING, AND MOVING ON CAN BE A GREAT SOLUTION.

TRY THESE STRATEGIES WHEN IT APPEARS ALL IS LOST:

1. Let it go. *If the outcome is inevitable, does obsessing over it ever help? This might feel like giving up, but how intelligent is it to continue with something that can't possibly be won? Make the decision to let go and get on with the rest of your life.*

• A TIME TO SEEK, AND A TIME TO LOSE; A TIME TO KEEP, AND A TIME TO CAST AWAY;

ECCLESIASTES 3:6 ESV

2. Purge your emotions. *Hopefully, you already know several healthy ways to make yourself feel better. Perhaps you feel better after a long exercise session. Others feel relief after a good cry. Maybe having dinner with your spouse or a friend will boost your spirits.*



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The key is to find a healthy solution. Drinking, drugs, and spending money irresponsibly are a few examples of unhealthy alternatives. Choose wisely.

Do a bitterness test. Often times we can easily move from anger to bitterness in a situation or relationship. Bitterness is a root that grows from deep within and the fruit of bitterness is death.

• ¹⁵ See to it that no one fails to obtain the grace of God; that no “root of bitterness”

springs up and causes trouble, and by it many become defiled; Hebrews 12:15 ESV

Do you think about a certain person, circumstance or situation a lot? Do you rehearse the scenes in the theater of your mind? When you think of the person, do you get a sick feeling in the pit of your stomach, anger, rage? If in the same town, do you avoid going where that person may be? If you see that person in public do you quickly try to avoid seeing that person or being seen by that person? If you answered yes to any or all of these questions, you tested positive for THE ROOT OF BITTERNESS. The only cure you have for bitterness is forgiveness. Just reading that last line, I’m sure just made it tougher, however, my hope is that it releases in you a truth you cannot deny and a desire to embody what it says. Yes, you may be absolutely right. You may have been absolutely taken advantage of. You may have even been through much worse such as mentally or even physically. Bitterness is a prison that continues to get darker and darker in your life. The only way out is through forgiveness. Now, forgiveness doesn’t mean trust or even going back to a relationship. Forgiveness is about you not being the victim, not being controlled by a person or situation by overcoming those things through releasing that person or circumstance/situation into the hands of God. He is much better at handling those issues than we are. By releasing the offense, you release:

1. YOURSELF... TO EXPERIENCE A PURE FREEDOM

2. THE OFFENSE/OFFENDER... TO BE CONVICTED OF SIN, RIGHTEOUSNESS AND JUDGEMENT. THERE IS NO PROMISE THAT BY DOING THIS A PERSON WILL COME RUNNING TO YOU IN TEARS ASKING FORGIVENESS AND, IN ALL REALITY... IT’S NOT ABOUT THAT. IF THEY NEVER DO, IT DOESN’T MATTER, YOU’RE FREE!



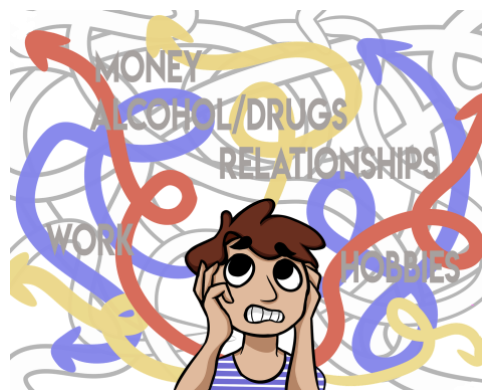
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I am making this covenant with you so that no one among you—no man, woman, clan, or tribe—will turn away from the Lord our God to worship these gods of other nations, and so that no root among you bears bitter and poisonous fruit. Deuteronomy 28:18 NLT



3. THE FORGIVENESS FLIP

Forgiveness flips the script on bitterness. As you make a choice to forgive, it deletes in you the poison of **The Anger Algorithm**. This anger algorithm is programmed to find things about a person, place or thing, captures the data and stores it in a memory bank called bitterness. This algorithm can control much of your life and energy. Forgiveness is not always easy, especially after a long period of time has passed, then it can be even harder. One of the main combatants that the anger algorithm releases in its defense mechanism is a strong passion to not even have any desire to forgive. In many cases you may be justified, however, again, forgiveness is not about the offense or offender, it is about you and your life. **Destroy The Anger Algorithm with The Forgiveness Flip.**



14 Strive for peace with everyone, and for the holiness without which no one will see the Lord. 15 See to it that no one fails to obtain the grace of God; that no “root of bitterness” springs up and causes trouble, and by it many become defiled; Hebrews 12:14-15 ESV

• I submit to you that by applying the forgiveness flip, you will in striving for peace with everyone as in verse 14 above “and for the holiness without which no one will see the Lord.” That obviously means God, however, also look at it through the lens that holiness according to the KJV dictionary it is partially defined as: 1. Applied to human beings, holiness is purity of heart or dispositions; sanctified affections; piety; moral goodness, but not perfect. So, in striving for that peace, we choose to live in a place of holiness towards everyone and everything. It is a posture, a decision and a life-time effort. No one is perfect, we just strive to be perfected.



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4. Try to learn something. *In most cases, hopeless situations are at least partially the result of poor decisions. Think about how you contributed to the situation at hand. Did you ignore warning signs when you first started dating your partner? Did you take out a larger mortgage than you could afford?*

- *It's common to repeat our mistakes. What can you learn to avoid a repeat performance in the future? Imagine how great your life would be if you only made each mistake once.*
- *I have carried a quote in my heart and mind for decades that applies to this thought process and I want to share it with you. "Don't curse it, don't nurse it, disperse it and God will reverse it." Quit talking about it and talking about it with anger and malice and avoid it being a pet. Something you carry around, feed and hold on to. Get rid of it, ask God to help you. Ask him to replace it with something good and honorable. He promises to give us our hearts desire if we do that in Psalm 37:3-4 and he wants to, let him.*

³Trust in the LORD, and do good; dwell in the land and befriend faithfulness.⁴Delight yourself in the LORD, and he will give you the desires of your heart. Psalm 37:3-4

5. Enjoy yourself. *Now might be the perfect time to visit your favorite restaurant, take a walk in the park, or see a movie with a friend. Just because life has thrown a curveball doesn't mean you can't have a good time. Have a good laugh and forge ahead. This is your life and meant to be lived and lived joyfully and abundantly. Sometimes it is easy to forget what a life of abundance is. It is not about how much money or stuff you have. The biblical definition for abundance is:*

- **ABUND'ANT, a. Plentiful; in great quantity; fully sufficient; as an abundant supply. In scripture, abounding; having in great quantity; overflowing with.**

SO, IN FREEDOM, THROUGH FORGIVENESS, STRIVE TO THRIVE. LOVE TO LIVE. EVERY DAY IS AN ADVENTURE AND YOU KNOW THE GUIDE. GO FOR IT!

6. Keep up with your responsibilities. *Your children still need your love and attention. The bills still have to be paid. You still have a job to do and to do it with excellence.*



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Avoid letting the other areas of your life suffer. If you have ever pulled weeds before, they love to live around real and beautiful things. Real flowers, real plants, real grass etc. Weeds are often times an imposter, in some cases they can be beautiful, but they suck the life out of the beauty! Don't let the root of bitterness become a field of weeds sucking the very life you were intended to live out beautifully suffocate and kill it! It will not only attempt to kill you, it will attempt to take down everyone and everything around you. **PULL THE WEEDS FROM THE ROOT!**

7. Create a plan for the future. Looking forward to an interesting and exciting future may be the best way to move forward. If the future seems bleak, it's hard to be happy. Allow yourself to be open to the possibilities and create a compelling future for yourself. Then take one small step towards making that future a reality. Dream and dream big! What would you really like to do? Where would you really like to go? Without the negativity of bitterness and unforgiveness in your life, you can actually ENJOY YOURSELF!! What a concept! Chances are that if you downloaded this and are reading this, it is because you were looking for a way out from where you were. That's awesome! This is your chance. Your moment. Your opportunity. Start planning. I will say that a plan without action isn't even a dream. It's just a secret idea lost in a sea of ideas. No more! Since we are on the subject of future, how amazing is this:

- For I know the plans I have for you," says the LORD. "They are plans for good and not for disaster, to give you a future and a hope.

Jeremiah 29:11 ES

8. Make a list of all the things that fill you with gratitude. It's likely there are many people in the world with far more challenging circumstances. It can be easy to forget this fact. If you think about it, you have lots of things going for you. Make a list and add to it often. It could start as simple as:

1. I am alive
2. I have good health
3. I have friends



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4. I have a home

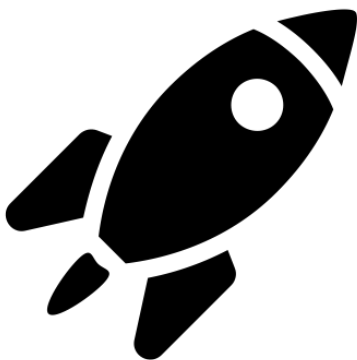
5. I have _____

²² The faithful love of the Lord never ends! His mercies never cease. ²³ Great is his faithfulness; his mercies begin afresh each morning. ²⁴ I say to myself, "The Lord is my inheritance; therefore, I will hope in him!" Lamentations 3:22-24 NLT

Remember other situations in your life that seemed hopeless. Odds are you survived and ultimately came out on the other side more resilient and knowledgeable. It hasn't always been so bad. I do understand that some reading this may have been raised in deplorable circumstances and that is horribly unfortunate, and I can promise you, there is a better that you never thought possible. For others that may have just had it rough from time to time and maybe those times were huge, I know there was a moment, a person, a pet.... Something at some point in your life you can reflect on. Begin writing those down. If you come up blank (I hope not) start writing down some of your desires of hopeless situations you want to make it through. Flip the script on bitterness!

•**Hopeless situations happen.** Not every situation is salvageable. **Letting go and moving forward can be the best solution.** Worrying has never changed the actual outcome of any situation. I have yet to read or hear a story of someone who said, "I have been a worrier my entire life, I am extremely bitter and nervous, I trust no one and have no hope in my life and I can't imagine living a life better than what I have right now, this is absolutely wonderful!" Sounds stupid, because it is. Allow yourself to enjoy life and create a future that keeps your eyes facing forward.

We don't just have an opportunity for hope, we have a promise filled with it and not just any old dime store hope, it is top shelf, premium, cream of the crop kind of hope and it is a LIVING HOPE!! How awesome is that?!



HERE ARE A FEW SCRIPTURES THAT CAN HELP FUEL YOUR DRIVE FROM HOPELESS TO HOPEFUL:



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ROMANS 15:13 NLT I PRAY THAT GOD, THE SOURCE OF HOPE, WILL FILL YOU COMPLETELY WITH JOY AND PEACE BECAUSE YOU TRUST IN HIM. THEN YOU WILL OVERFLOW WITH CONFIDENT HOPE THROUGH THE POWER OF THE HOLY SPIRIT.

PROVERBS 3:5-6 NLT TRUST IN THE LORD WITH ALL YOUR HEART; DO NOT DEPEND ON YOUR OWN UNDERSTANDING. 6 SEEK HIS WILL IN ALL YOU DO, AND HE WILL SHOW YOU WHICH PATH TO TAKE.

1 PETER 1:3-4 ALL PRAISE TO GOD, THE FATHER OF OUR LORD JESUS CHRIST. IT IS BY HIS GREAT MERCY THAT WE HAVE BEEN BORN AGAIN, BECAUSE GOD RAISED JESUS CHRIST FROM THE DEAD. NOW WE LIVE WITH GREAT EXPECTATION, 4 AND WE HAVE A PRICELESS INHERITANCE—AN INHERITANCE THAT IS KEPT IN HEAVEN FOR YOU, PURE AND UNDEFILED, BEYOND THE REACH OF CHANGE AND DECAY.

2 CORINTHIANS 4:15-18 THE MESSAGE 15 EVERY DETAIL WORKS TO YOUR ADVANTAGE AND TO GOD'S GLORY: MORE AND MORE GRACE, MORE AND MORE PEOPLE, MORE AND MORE PRAISE!

16 SO WE'RE NOT GIVING UP. HOW COULD WE! EVEN THOUGH ON THE OUTSIDE IT OFTEN LOOKS LIKE THINGS ARE FALLING APART ON US, ON THE INSIDE, WHERE GOD IS MAKING NEW LIFE, NOT A DAY GOES BY WITHOUT HIS UNFOLDING GRACE. 17 THESE HARD TIMES ARE SMALL POTATOES COMPARED TO THE COMING GOOD TIMES, THE LAVISH CELEBRATION PREPARED FOR US. 18 THERE'S FAR MORE HERE THAN MEETS THE EYE. THE THINGS WE SEE NOW ARE HERE TODAY, GONE TOMORROW. BUT THE THINGS WE CAN'T SEE NOW WILL LAST FOREVER.

