

BEYOND OK

Part 2: Bouncing Back From Setbacks

SETBACKS AN UNFORTUNATE PART OF LIFE

A. Setbacks exist on many different levels

1. Job/career related - no promotion, replaced, not making the grade, etc..
2. Relational setbacks - breakup, divorce, friendships dissolved, betrayals
3. Setbacks outside your control - accidents, sickness, layoffs, closures
4. Self inflicted - you made a mistake, missed it, messed up

B. God is the greatest source of bounce back help (2 Corinthians 1:3-4 NIV)

1. He is not the God who is ambivalent or uncaring when we experience setbacks
2. End result of His comfort is we can comfort others
3. An important word in this passage is receive His comfort

MOVING BEYOND A SETBACK

A. A family split over resources (Genesis 13:8-11 NKJV)

1. Abraham and Lot were close family
2. This relational setback left Abraham in a worse place

B. Lift up your eyes (Genesis 13:14-18 NKJV)

1. God did not want Abraham looking down
2. Instead God wanted to expand Abraham's vision

C. Arise and walk in the land

1. God did not want Abraham staying in the place of loss
2. God had so much more for Abraham than his relationship with Lot

D. Abraham built an altar - a place of worship and honor of God

1. Required intentionality, but would establish a stronger connection with God

BOUNCING BACK IN YOUR LIFE - MOVING BEYOND OK AFTER A SETBACK

A. Refocus our attention

1. God had Abraham stop looking at the loss and see something different
2. One of the great benefits of scripture (*Romans 15:4 NKJV*)

C. Do something different

1. Abraham had to get up and walk through the land
2. Easy to "get down" after a setback - so we want to get up from a down place
3. Offering praise to God may be one of the most powerful different things (*Psalms 43:5 NIV*)

C. Use a setback as a catalyst to get closer to God

1. Abraham built an altar - a physical reminder of his connection to God
2. We don't build physical altars but we can make a place in our hearts