

## GET A GRIP

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- An empowering phrase
  1. Typically means to get control of your emotions - self control
  2. Implies we are not victims we have choices
- When to get a grip
  1. When we find ourselves being overrun with fear and stress
  2. If we find ourselves slipping down the black hole of despair
  3. If we find ourselves losing our faith
- Getting a stronger grip on God will help in all these areas
  1. Paul spoke of dealing with all aspects of life (*Philippians 4:11-13 NASB*)
  2. He wrote this while imprisoned

### STRENGTHENING A GRIP (1 Samuel 23:14-17 NKJV)

- David was living under constant stress
  1. The nations' most powerful man was trying to kill him - always on the run
  2. He felt the added responsibility of the men who followed him
- Jonathan strengthened his hand in God
  1. He had to have pointed David's focus back to God's power and help
  2. He encouraged David not to give into fear
  3. He spoke of the future - God's plan for David was still in effect

### GETTING A GRIP ON GOD

- Other people can be a help here
  1. Underscores the value of church
  2. Underscores the value of being connected with other believers
- Redirect your focus
  1. What we focus on expands
  2. Putting our focus on God is the most profitable (*Psalms 121:1-2 NKJV*)
  3. Expressing thanks is one of best ways to redirect focus
- Don't give into the fear and stress
  1. Not the easiest route - we are surrounded
  2. Choose to trust (*Psalms 56:3-4 NKJV*)
- Believe you have a future with God (*Psalms 27:13 NKJV*)
  1. So many are losing heart - observing the events around them
  2. But we believe we will see...
  3. He is still the God of the future - His plans will come to pass!