

Part 31 – Philippians 4:10-19**Our Heart Health = F.A.T.S.**

What is the difference between circumstances and situations?

As nouns the difference between **circumstance** and **situation** is that **circumstance** is that which attends, or relates to, or in some way affects, a fact or event; an attendant thing or state of things while **situation** is the way in which something is positioned vis-à-vis its surroundings.

As a verb **circumstance** is to place in a particular situation, especially with regard to money or other resources.

Hebrews 12:9-14

⁹ Furthermore, we had earthly fathers to discipline us, and we respected them; shall we not much rather **be subject** to the Father of spirits, and **live**?

¹⁰ For they disciplined us for a short time as seemed best to them, **but He disciplines us for our good, that we MAY SHARE His holiness.**

¹¹ All discipline for the moment seems **NOT to be joyful, BUT sorrowful**; yet to those who have been trained by it, afterwards it yields the peaceful fruit of righteousness.

¹² Therefore, strengthen the hands that are weak and the knees that are feeble,

¹³ and make straight paths for your feet, so that *the limb* which is lame may not be put out of joint, but rather be healed.

¹⁴ Pursue peace with all men, **and the sanctification without which NO ONE will see the Lord.**

2 Corinthians 12:7-12

⁷ And because of the surpassing greatness of the revelations, for this reason, **to keep me from exalting myself**, there was given me a thorn in the flesh, a messenger of Satan to buffet me-- **to keep me from exalting myself!**

⁸ **Concerning this** I entreated the Lord three times that it might depart from me.

⁹ And He has said to me, "**My grace is sufficient for you, for power is perfected in weakness.**" Most gladly, therefore, **I will rather boast about my weaknesses**, that the power of Christ may dwell in me.

¹⁰ **Therefore I am WELL CONTENT with weaknesses, with insults, with distresses, with persecutions, with difficulties, for Christ's sake;** for when **I am weak, then I am strong.**

¹¹ I have become foolish; you yourselves compelled me. Actually I should have been commended by you, for in no respect was I inferior to the most eminent apostles, even though I am a nobody.

¹² **The signs of a true apostle** were performed among you with all perseverance, by signs and wonders and miracles.

2 Thessalonians 1:4-5

⁴ therefore, we ourselves speak proudly of you among the churches of God for **your perseverance and faith in the midst of all your persecutions and afflictions which you endure.** ⁵ *This is* a plain indication of God's righteous judgment **so that you may be considered worthy of the kingdom of God**, for which indeed you are suffering.

1 Peter 5:5-10

⁵ You younger men, likewise, be subject to your elders; and all of you, **clothe yourselves with humility toward one another**, for God is opposed to the proud, **but gives grace to the humble.**

⁶ **Humble yourselves**, therefore, under the mighty hand of God, that He may exalt you **at the proper time**,

⁷ **casting all your anxiety upon Him**, because He cares for you.

⁸ Be of sober *spirit*, be on the alert. Your adversary, the devil, prowls about like a roaring lion, seeking someone to devour.

⁹ But resist him, firm in *your* faith, knowing that **the same experiences of suffering** are being accomplished by your brethren who are in the world.

¹⁰ **And after you have suffered for a little while**, the God of all grace, who called you to His eternal glory in Christ, will Himself **perfect, confirm, strengthen and establish you.**

¹¹ To Him *be* dominion forever and ever. Amen.

2 Thessalonians 1:4-12

⁴ therefore, we ourselves speak proudly of you among the churches of God for your perseverance and faith in the midst of all your persecutions and afflictions which you endure.

⁵ ***This is* a plain indication of God's righteous judgment** SO THAT you **may be considered worthy of the kingdom of God**, for which indeed **you are suffering.**

⁶ For after all it is *only* just for God to repay with affliction those who afflict you,

⁷ **and to give RELIEF to YOU who are afflicted** and to **US** as well **WHEN** the Lord Jesus **shall be revealed** from heaven with His mighty angels in flaming fire,

⁸ dealing out retribution to those who do not know God and to those who do not obey the gospel of our Lord Jesus.

⁹ And these will pay the penalty of eternal destruction, away from the presence of the Lord and from the glory of His power,

¹⁰ when He comes to be glorified in His saints **on that day**, and to be marveled at among all who have believed-- for our testimony to you was believed.

¹¹ To this end also we pray for you always that our God may count you worthy of your calling, and fulfill every desire for goodness and the work of faith with power;

¹² in order that the name of our Lord Jesus may be glorified in you, and you in Him, according to the grace of our God and the Lord Jesus Christ.

Good heart health:

F=faithful

A=attitude

T=towards

S=situations

We are to adopt a Faithful-Attitude-Towards-our Situations

we are to be standing firm in the Lord,
we are to be putting on the attitude of Christ Jesus,
we are to be rejoicing IN THE Lord,
we are to be attaining to the standard
we are to be following the pattern which these men had attained to,
we are to be anxious for nothing,
we are to be rejoicing in The Lord
we are to be praying with thanksgiving,
we are to be awaiting eagerly for our Savior,

Bad heart health:

F=fearful

A=attitude

T=towards

S=situations

We are NOT to adopt a Fearful-Attitude-Towards-our Situations

"Almost everything will work again if you unplug it for a few minutes, including you."

http://www.thegrovebiblefellowship.com/_audio/2018/Presencepart11.mp3