

WHEN WE HIT THE WALL

23/8/20

Many marathon runners face a difficult problem in the latter stages of the race... that is when they hit the wall. This refers to depleting their stored glycogen (glucose, stored in the liver and muscles) and the feelings of fatigue and negativity that come with it. It is the easiest and most readily available fuel source to burn when exercising, so our body prefers it. When we run low on glycogen, our muscles hurt and our brain wants to shut down activity as a preservation method... this may lead to the negative thinking, forgetting the big picture.

Most people come to the Lord for the same reason... the easy answers stop coming. Also, it's not uncommon for people who serve God to hit the wall from time to time. God excels when the easy way is not available.

BIG PICTURE... Physical death is the last wall every human is going to hit. God offers a provable solution which becomes our life focus, overcoming every wall.

When the pressure never seems to lift. 2 COR 10:3 For though we walk in the flesh, we do not war after the flesh: **4** (For the weapons of our warfare are not carnal, but mighty through God to the pulling down of strong holds;) **5** Casting down imaginations, and every high thing that exalteth itself against the knowledge of God, and bringing into captivity every thought to the obedience of Christ; *Spiritual problems require spiritual solutions. Happiness, joy, patience, etc., are far more effective and longer lasting when spiritually generated.*

BIG PICTURE... you have all the power of the Holy Spirit available, Spiritual powers break down natural walls... they are super (beyond) natural (more powerful).

When the doubts just keep coming. ROM 4:18 Who against hope believed in hope, that he might become the father of many nations, according to that which was spoken, So shall thy seed be. **19** And being not weak in faith, he **considered not his own body now dead**, when he was about an hundred years old, neither yet the deadness of Sara's womb (she was Lot's auntie): **20** He staggered not at the promise of God through unbelief; but was strong in faith, giving glory to God; *Their doubts came from not knowing how God was going to answer them... not from the promises themselves.* **21** And being fully persuaded that, what he had promised, he was **able also to perform.** **22** And therefore it was **imputed** to him for righteousness. *There is a difference between doubt and unbelief. 25 years later and well into old age; Abraham and Sarah waiting for a son that is going to make them a great nation. On the surface that is a ridiculous promise to believe and yet, consider the outcome. In their ignorance, they tried to solve the problem themselves with Hagar giving birth to Ishmael.*

BIG PICTURE... natural solutions never solve spiritual problems.

When you are your own worst enemy. JOH 13:7 Jesus answered and said unto him, What I do thou knowest not now; but thou shalt know hereafter. *Peter argued with Jesus over the washing of his feet... like Abraham, time needed to pass before the reason would become clear.* **1TIM 2:1** I exhort therefore, that, **first of all**, supplications, prayers, intercessions, and giving of thanks, be made for all men; **2** For kings, and for all that are in authority; that we may lead a quiet and peaceable life in all godliness and honesty. **3** For this is good and acceptable in the sight of God our Saviour; *Give God some space to work with and the blessings will come.*

BIG PICTURE... You have been called to serve God's purposes first of all. Serving others first removes many walls, because it allows God to extend your abilities.

When your joy and faith takes a holiday, but 'bad luck' moves in. GEN 41:28 This is the thing which I have spoken unto Pharaoh: What God is about to do he sheweth unto Pharaoh. **29** Behold, there come seven years of great plenty throughout all the land of Egypt: **30** And there shall arise after them seven years of famine; and all the **plenty shall be forgotten** in the land of Egypt; and the famine shall consume the land; **31** And the plenty shall not be known in the land by reason of that famine following; for it shall be very grievous. *Life has seasons and cycles. We are encouraged by God to keep trusting him through all cycles, not just in bad times. After all, we are filled with the Spirit with signs and wonders, first of all. We already have our future in us.*

JOH 16:32 Behold, the hour cometh, yea, is now come, that ye shall be scattered, every man to his own, and shall leave me alone: and yet I am not alone, because the Father is with me. **33** These things I have spoken unto you, that in me ye might have peace. In the world ye shall have **tribulation**: but be of good cheer; I have overcome the world. *It only takes one person to stand their ground in the Lord, for the problems to be dealt with. That is one good reason why we pray for one another. God has given us an individual prayer language.*

BIG PICTURE... Even when you feel alone, the whole power and plan of heaven remains with you. Those walking in the spirit are part of your victory and strength.

When your prayer seems powerless... or you badly need help. JAM 5:16 **Confess** (admit) your **faults** one to another, and pray one for another, that ye may be healed. The **effectual fervent** prayer (the working of the power) of a righteous man **availeth much** (provides strength). *The comparison with Elias is made where his prayer brought blessing in the same manner that Joseph did for Egypt above... Gen 41:28. There is also a big picture at work. We are the light of the world and need to remember that our life is no longer all about us.*

BIG PICTURE... There is no problem or condition that God hasn't provided an answer to. The way to approach the walls of life are already accounted for.

When the people you love don't seem to love you back. LUK 23:34 Then said Jesus, Father, forgive them; for they know not what they do. And they parted his raiment, and cast lots.

PSA 86:5 For thou, Lord, art good, and ready to forgive; and plenteous in mercy unto all them that call upon thee. *Most problems trouble our mind, because we can't see the answer, not because there is no answer. When farmers hit the wall, they stop, open the gate, drive through and close the gate... they know how gates work.*