







GET-A-GRIP

1-2-3-4-5 MEMORY OUTLINE

1.  **Grab hold** of the truth that God has ordained this situation. (Eph. 1:11)
2.  **Thank God** for this difficulty. (1 Thess. 5:82; Eph. 5:20)
3.  **Forgive** the offender, not verbally but in prayer. (Mark 11:25)
4.  ***Ask:** “How can I obey God in this situation?” (John 14:15)
5.  **Ask:** “What is God trying to teach me?”

“No temptation has seized you except what is common to man. And God is faithful; he will not let you be tempted beyond what you can bear. But when you are tempted, he will also provide a way out so that you can stand up under it.”
—1 Cor. 10:13

 ***Here are some questions that may help you determine how you can obey God when you are in the middle of a difficult situation or relationship:**

- Do I need to deal with my own sinful responses by renewing my mind?
- What are some ways I can demonstrate a heart of compassion, kindness, humility, meekness and patience? (Col. 3:12)
- Are there areas in which I need to forbear?
- Are there things for which I need to seek forgiveness?
- Are there relationships in which I need to speak graciously, admonish lovingly or remain silent?