

Five Truths for Maturing in the Tensions of Life

1. **Let the ups and downs of your spiritual life come and go**

a. **John 16:33** *These things I have spoken to you, so that in Me you may have peace. In the world you have tribulation, but take courage; I have overcome the world.*

b. Be grateful for the smooth times and graceful in the hard times

2. **Learn to leave tomorrow in God's hands**

a. **Matthew 6:33-34** *But seek first His kingdom and His righteousness, and all these things will be added to you.* ³⁴ *"So do not worry about tomorrow; for tomorrow will care for itself. Each day has enough trouble of its own.*

b. Walk humbly with God

3. **Live in the present moment**

a. **James 4:13-14** *Come now, you who say, "Today or tomorrow we will go to such and such a city, and spend a year there and engage in business and make a profit." ¹⁴ Yet you do not know what your life will be like tomorrow. You are just a vapor that appears for a little while and then vanishes away.*

b. Many people are trapped in unlived lives

4. Tomorrow's grace is not given today

a. **2 Corinthians 12:7-9** *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 torment me—to keep me from exalting myself! ⁸ Concerning this I implored the Lord three times that it might leave 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, so that the power of Christ may dwell in me.*

b. The present moment is the only working unit of life we have

5. Learn to serve God now, even in captivity

a. **Luke 6:27-28** *But I say to you who hear, love your enemies, do good to those who hate you, ²⁸ bless those who curse you, pray for those who mistreat you.*

b. "[We must defend God's] dwelling place inside us to the last"
--Etty Hillesum