

# A BUTTON TO PRESS

May 14, 2017

Introduction: M. Scott Peck in his book, The Road Less Traveled, begins with these words, “Life is difficult.” All of us have experienced, or will experience, adversity and hardship, even though it may not be distributed evenly. Life is never perfect, and as hard as we try to avoid trauma, we will face difficulty. Whether we know it or not, each of us possesses the capacity to build resilience. No matter the situation in which we find ourselves, we can persevere. Today, we discuss one tool in building resilience.

Scripture: Hebrews 10:32-35

## I. The People of Hebrews

<sup>32</sup> *But recall the former days when, after you were enlightened, **you endured a hard struggle with sufferings**, <sup>33</sup> sometimes being publicly exposed to **reproach and affliction**, and sometimes being partners with those **so treated**. <sup>34</sup> For you had compassion on those in prison, and you joyfully **accepted the plundering of your property**, since you knew that you yourselves had a better possession and an abiding one (Hebrews 10:32–34).*

### A. A people adrift.

*Therefore we must pay much closer attention to what we have heard, **lest we drift away** from it (Hebrews 2:1).*

*For though by this time **you ought to be teachers**, you need someone to teach you again the basic principles of the oracles of God. You need milk, not solid food (Hebrews 5:12).*

*Therefore **do not throw away your confidence**, which has a great reward (Hebrews 10:35).*

### B. A people in need of endurance.

***For you have need of endurance**, so that when you have done the will of God you may receive what is promised (Hebrews 10:36).*

## II. Building Resilience

### A. Never, never, never, give up.

*But **we are not of those who shrink back** and are destroyed, but of those who have faith and preserve their souls (Hebrews 10:39).*

### B. Failure hurts, but it's not defining.

<sup>14</sup> *Since then we have a great high priest who has passed through the heavens, Jesus, the Son of God, **let us hold fast our confession**. <sup>15</sup> For we do not have a high priest who is unable to **sympathize with our weaknesses**, but one who in every respect has been*

*tempted as we are, yet without sin. <sup>16</sup> Let us **then with confidence** draw near to the throne of grace, that we may receive mercy and find grace to help in time of need (Hebrews 4:14–16).*

C. Isolation builds distress.

*And **let us consider how to stir up one another** to love and good works (Hebrews 10:24).*

### III. A Button to Press

How do we give those facing adversities a button to press?

*But **exhort one another every day**, as long as it is called “today,” that none of you may be hardened by the deceitfulness of sin (Hebrews 3:13).*

<sup>1</sup> *Therefore, since we are surrounded by so great a cloud of witnesses, let us also **lay aside every weight, and sin which clings so closely**, and let us run with endurance the race that is set before us, <sup>2</sup> looking to Jesus, the founder and perfecter of our faith, who for the joy that was set before him **endured the cross**, despising the shame, and is seated at the right hand of the throne of God (Hebrews 12:1–2).*

The greatest discovery of any generation is that a human being can alter his life by altering his attitude – William James

*Let brotherly love continue (Hebrews 13:1).*

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## I. The People of Hebrews (*Hebrews 10:32–34*)

- A. A people \_\_\_\_\_. (*Hebrews 2:1*) (*Hebrews 5:12*) (*Hebrews 10:35*)
- B. A people in need of \_\_\_\_\_. (*Hebrews 10:36*)

## II. Building Resilience

- A. Never, never, never, \_\_\_\_\_. (*Hebrews 10:39*)
- B. Failure \_\_\_\_\_, but it's not \_\_\_\_\_.  
(*Hebrews 4:14–16*)
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## III. A Button to Press (*Hebrews 3:13*) (*Hebrews 12:1–2*) (*Hebrews 13:1*)