

11 PROBLEMS

You Can Overcome

Short Excerpts From
bestselling author
Joyce Meyer's new
book, *Overcoming
Every Problem*



Overcoming Every Problem: Live with Peace

I believe that life is not worth living if we never have peace. There is much in the world that could upset us and cause us to worry and be afraid. But thankfully we have another choice, which is to trust God and the promises in His Word. They will give us peace even in the midst of life's storms. When I became determined to have peace in all areas of my life—peace with God, peace with myself, and peace with others—I realized I needed to identify the things in my life that the devil uses to steal my peace.

Of course, worry steals our peace. Fear will steal our peace. Other things that can steal our peace include hurrying, getting upset over petty matters that are not worth getting upset over, and fretting over high prices, retirement, what will happen to our children when they grow up, money, job loss, and a thousand other things. Instead of living

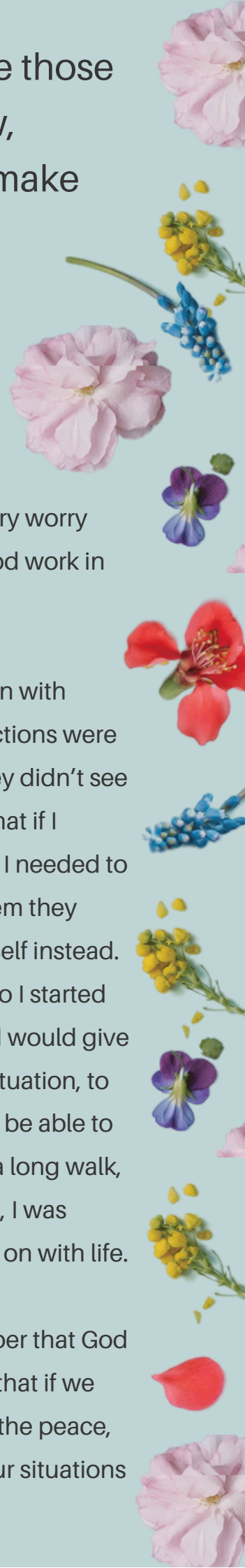
"Great peace have those who love your law, and nothing can make them stumble."

Psalm 119:165

in anxiety, we can turn every worry into a prayer and watch God work in our lives in amazing ways.

I recently had an altercation with someone, and I felt their actions were wrong in the situation. They didn't see it that way, and I realized that if I wanted to keep my peace, I needed to stop trying to convince them they were wrong and quiet myself instead. I couldn't do it by myself, so I started diligently praying that God would give me grace to get over the situation, to no longer be angry, and to be able to forgive completely. I took a long walk, and when I returned home, I was able to let it go and just go on with life.

We should always remember that God is our Vindicator and trust that if we are committed to keeping the peace, He will bring justice into our situations and our lives.



Overcoming Every Problem: Cultivate Joy

The way we think determines our level of joy. To consider something joyful means to think of it that way. For example, think I can be joyful now in the midst of this trial, because I know it will work out well in the end and help me grow in patience and perseverance. Perseverance is another word for patience. When we are fully patient, we can enjoy ourselves while we wait for God to change our circumstances.

First Peter 1:6 says: "In all this you greatly rejoice, though now for a little while you may have had to suffer grief in all kinds of trials."

Looking back, we may remember many problems from which we saw no way out. But by trusting the promises in God's Word, we no longer have those problems, because they gave way to the power of our faith in God.

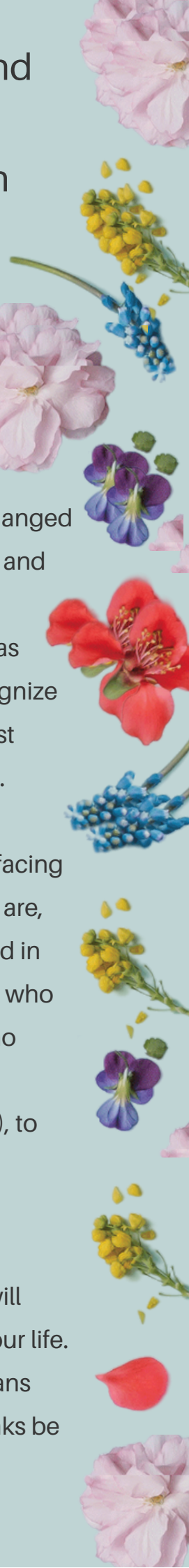
"When I was upset and beside myself, you calmed me down and cheered me up."

Psalm 94:19

God's Word has dramatically changed my life. It has renewed my mind and taught me how to think the way God wants me to think. It has taught me truth, and I now recognize the lies of the devil and can resist them. It will do the same for you.

What kind of problems are you facing right now? No matter what they are, the answer to them can be found in God's Word. Ask the Holy Spirit, who is your Teacher and the One who guides you into all truth (1 Corinthians 2:13; John 16:13), to show you how to handle these situations.

Follow His guidance, and you will always end up with victory in your life. Let God's promise in 1 Corinthians 15:57 encourage you: "But thanks be to God! He gives us the victory through our Lord Jesus Christ."



8 Tips to Cultivate Joy

Do things you enjoy.

Don't focus on your problems.

Laugh as often as you possibly can.

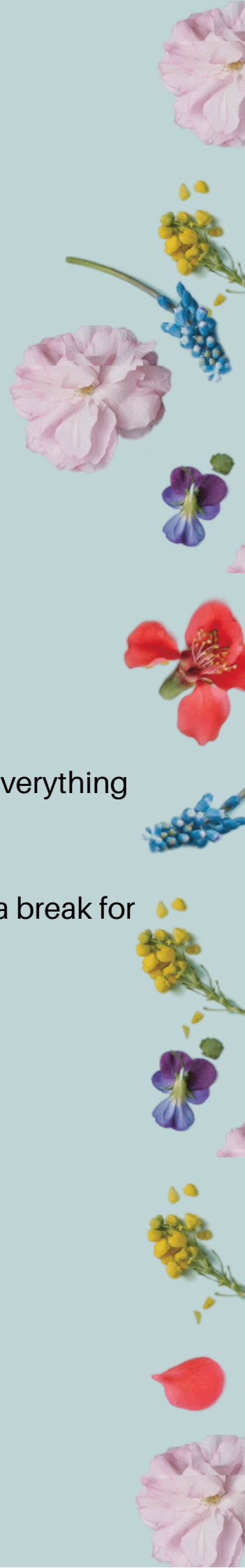
Think about how blessed you are to know Jesus.

Be thankful and give thanks.

Do not be anxious about anything. Instead, pray about everything (Philippians 4:6).

Have variety in your life. Doing the same things without a break for too long can steal your joy.

Focus on what you have, not on what you don't have.



Overcoming Every Problem: Find Comfort

When you are hurting and need comfort, the best and first course of action is to pray and ask God to comfort you. He is the God of all comfort.

God comforts us in all our difficulties, and this enables us to comfort others who may be hurting.

I have had my share of injustice, physical pain, rejection, disappointment, and difficult circumstances, and perhaps you have too. During these situations, one Scripture passage that has given me comfort and hope is Isaiah 61:1-7. My paraphrase of this passage is as follows: Jesus came to heal the brokenhearted, to set captives free, to comfort all who mourn, to give us beauty instead of ashes, to give us the oil of joy for mourning, and to give us the garment of praise for the spirit of heaviness. He promises to give us a double recompense (reward) for

"Praise be to the God and Father of our Lord Jesus Christ, the Father of compassion and the God of all comfort, who comforts us in all our troubles, so that we can comfort those in any trouble with the comfort we ourselves receive from God."

Psalm 94:19

our former shame and trouble, because He is a God of justice.

I can't tell you how many times I have turned to this passage when I have been hurting or felt discouraged.

The Word of God comforts us because it lets us know that God will not fail us and that we don't need to fear.

Joyce gives more Bible verses on comfort in Overcoming Every Problem.

Overcoming Every Problem: Get Direction

The Word of God teaches us right from wrong and gives us the grace to make godly decisions. His Word urges us to obey His commands, but we have free choice, and each choice we make affects our lives positively or negatively.

Romans 5:19 is a powerful scripture that I really want you to understand: "For just as through the disobedience of the one man the many were made sinners, so also through the obedience of the one man the many will be made righteous."

This verse teaches us that through Adam's sin, many people became sinners, but through Christ's obedience, many people have been made right with God. It is amazing the positive or negative effect one person can have on others.

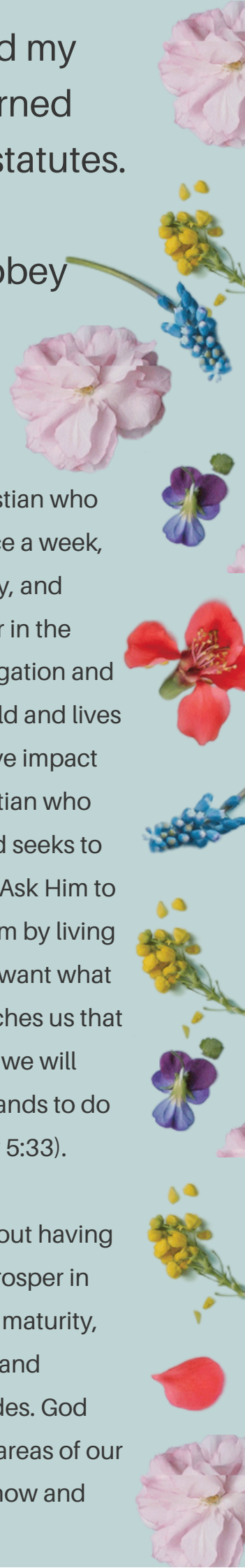
You have only one life to live and one life to give. What will you do with yours?

"I have considered my ways and have turned my steps to your statutes. I will hasten and not delay to obey your commands."

Psalm 119:59–60

I urge you not to be a Christian who merely goes to church once a week, says a little prayer each day, and perhaps reads one chapter in the Bible out of a sense of obligation and then goes out into the world and lives in a way that has no positive impact on anyone else. Be a Christian who fully surrenders to God and seeks to obey Him in all your ways. Ask Him to use you as a witness for Him by living a life that will make others want what you have. God's Word teaches us that if we obey His commands, we will prosper in all we put our hands to do (1 Kings 2:3; Deuteronomy 5:33).

Prosperity is not simply about having money. God wants us to prosper in our soul—to have spiritual maturity, peace, joy, righteousness, and renewed minds and attitudes. God wants us to succeed in all areas of our life. We can do this if we know and obey His commands.



Overcoming Every Problem: Stay Hopeful

Hope is an amazing thing. It is not an unstable quality that leads you to say, "Well, maybe God will do something about my situation, but I'm not sure."

Biblical hope is not like the kind of hope people in the world talk about. Worldly hope is unstable and changes with our circumstances, but biblical hope is a confident expectation that something good is going to happen. To hope means to wait on God with expectation.

Proverbs 13:12 says that "hope deferred makes the heart sick, but a longing fulfilled is a tree of life." In other words, if we put off hoping for good things, we will become discouraged and depressed. Emotionally, we need the positive effects of hope in our life.

I am encouraged when I read that the God of hope fills me with joy and peace (Romans 15:13). I recall a time when I had lost my joy and was feeling down emotionally. After asking God what was wrong with me, He led me to this

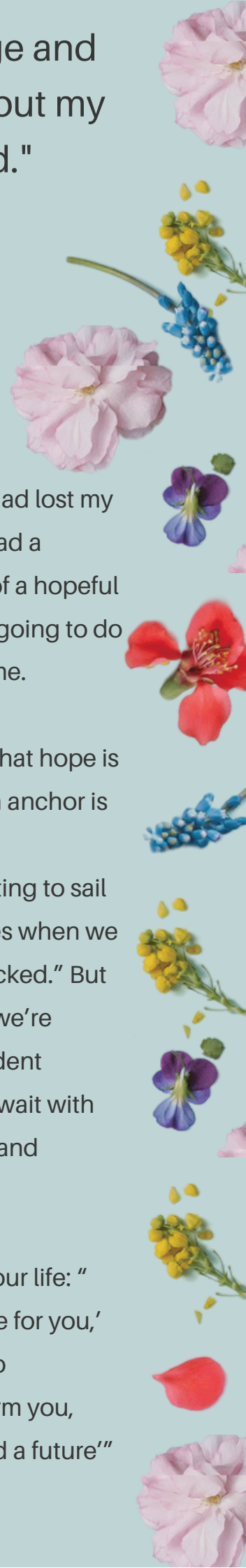
"You are my refuge and my shield; I have put my hope in your word."

Psalm 119:114

scripture, and I realized I had lost my joy and peace because I had a negative attitude instead of a hopeful expectation that God was going to do something wonderful for me.

Hebrews 6:19 teaches us that hope is the anchor of our souls. An anchor is what holds a ship in place when it is docked and waiting to sail once again. There are times when we may feel like our life is "docked." But true, biblical hope means we're waiting on God with confident expectation. So, when we wait with hope, it anchors our mind and emotions to God in faith.

God has a good plan for your life: " 'For I know the plans I have for you,' declares the Lord, 'plans to prosper you and not to harm you, plans to give you hope and a future'" (Jeremiah 29:11).



Overcoming Every Problem: Do the Impossible

God's Word contains thousands of promises. Among them we find promises of God's favor, mercy, and grace, along with many other blessings. If we understand favor, mercy, and grace, this is good news, but if we don't, then we might skim over these but fail to understand what amazing promises God offers us.

When we have favor with God and He gives us favor with people, it means He opens for us doors we could never open for ourselves. When you have God's favor, you may be chosen for a job over a hundred other applicants, people will like you and not even know why, and you will enjoy watching God do for you things that can only happen because He orchestrates them for you.

Favor cannot be earned or deserved, but it can and should be received with gratitude.

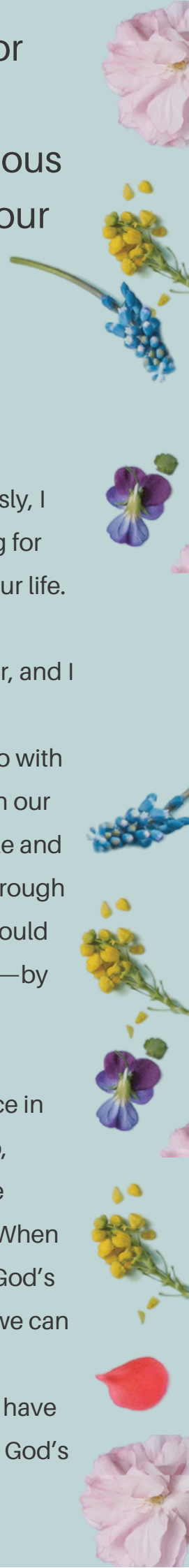
"I entreated Your favor with my whole heart; be merciful and gracious to me according to Your promise."

Psalm 119:58 ampc

If you have not done so previously, I encourage you to begin praying for and expecting God's favor in your life.

Grace is God's undeserved favor, and I like to say it is also God's power coming to us freely to help us do with ease what we could never do on our own with any amount of struggle and effort. We are saved by grace through faith (Ephesians 2:8), and we should live the same way we are saved—by grace through faith.

We need to ask God for His grace in everything we do. With His help, things that would be impossible for us to do are made possible. When we learn to ask for and receive God's grace, life becomes easier and we can live in God's rest and enjoy it in everything we do. Life does not have to be a struggle when we live in God's favor, mercy, and grace.



Overcoming Every Problem: Heal from Hurt

We all need healing at various times and in different ways. We may need spiritual healing, physical healing, emotional healing, or mental healing. We may need financial healing or healing in relationships. Jesus is our Healer, and He can heal you anywhere you hurt.

God works through various ways and means. He may heal you supernaturally through a miraculous healing, or He may work through a doctor, a counselor, a minister, or a friend to give you the help you need. Whether it happens through a miracle or through medication, surgery, physical therapy, or counseling, we should always remember that however healing comes, it is from Jesus.

When we feel we need healing, we should always ask Jesus for it and trust Him to work through any means He chooses. People who are physically sick or in pain need physical healing, and unless Jesus chooses to heal them

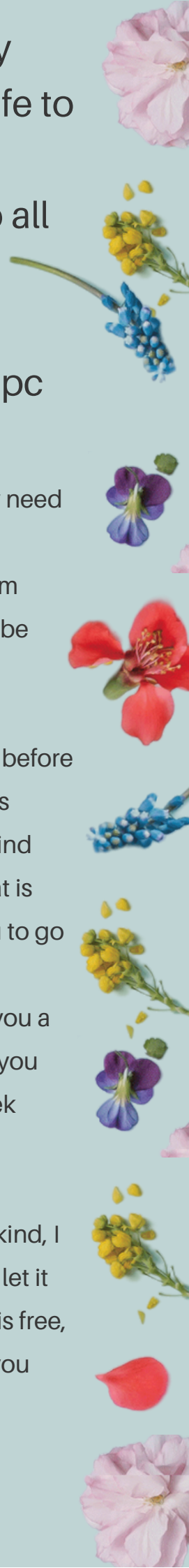
"My son, attend to my words...For they are life to those who find them, healing and health to all their flesh."

Proverbs 4:20–22 ampc

miraculously, they will probably need to go to a doctor, who has the knowledge and skill to treat them effectively and who may prescribe medicine for them.

I went to church for many years before I learned that I could go to Jesus when I needed healing of any kind and trust Him to provide it. If that is also your story, I encourage you to go to Jesus anytime you need healing. Ask Him either to give you a miracle or to guide you in what you should do or where you can seek help.

When you need healing of any kind, I urge you to try God's Word and let it act as medicine for your soul. It is free, and you can have all the refills you want.



Overcoming Every Problem: Stop Fearing

A shield protects us, and God is a shield to all who put their trust in Him. This doesn't mean that Satan cannot attack us, but it does mean that he cannot do us any permanent harm. Jesus says that in the world we will have "tribulation and trials and distress and frustration; but be of good cheer [take courage; be confident, certain, undaunted]! For I have overcome the world" (John 16:33 ampc).

Satan is the ruler of this world's systems, but if we function according to God's system (His Word), then no matter what Satan tries to do, we will win in the end. Paul writes in Romans 8:28 that all things work together for good to those who love God and want His will (what He desires). Joseph is a good example of this.

In Genesis, we read about how his brothers treated him cruelly, but he told them that what they intended for harm,

"As for God, His way is perfect! The word of the Lord is tested and tried; He is a shield to all those who take refuge and put their trust in Him."

Psalm 18:30 ampc

God intended for good (Genesis 50:20). Joseph's brothers had been jealous and envious of him and sold him into slavery, but God was with him (Acts 7:9).

It doesn't matter who is against us because God is with us, and He is greater than any enemy. God lives in us, as believers in Jesus Christ, and the Bible says that He who is in us is greater than he who is in the world (1 John 4:4).

Multiple times in the Bible, God tells us that we don't have to be afraid because He is with us (Joshua 1:9; Matthew 1:23; 28:20; Hebrews 13:5). We don't even have to know how He plans to help us; all we need to know is that He loves us and is with us.



Overcoming Every Problem: Conquer Negativity

Negative people rarely, if ever, accomplish anything positive. They don't overcome obstacles because they don't believe they can. God is positive. He always believes in us, whether we believe in ourselves or not.

Before I learned the importance of my words, I made many negative comments about myself, which did not agree with God's Word. When I became angry with myself because of failures or mistakes I had made, or because other people had said negative things about me, I became totally emotional and spoke based on those emotions.

I said things like "I'm so stupid; I never do anything right," or "Everything is always my fault" or "There's no point in even trying because I will fail anyway."

Can you relate? Do you also speak negatively about yourself at times?

"Blessed (happy, fortunate, to be envied) are the undefiled (the upright, truly sincere, and blameless) in the way [of the revealed will of God], who walk (order their conduct and conversation) in the law of the Lord (the whole of God's revealed will)."

Psalm 119:1 ampc

Search God's Word to see what it says about you, and then order your conversation in agreement with it. Do this even if you don't fully believe it yet. Declare God's Word until you believe it, then speak it in faith and watch it come to pass.

When your conduct and your conversation agree with God's Word, great things can happen in your life.



Overcoming Every Problem: Becoming Better

When I read that Jesus told His disciples that they were clean because of the word He had spoken to them, I wondered how this statement could be accurate. After all, three times Peter denied even knowing Christ (Matthew 26:69–75), Thomas struggled with doubt (John 20:24–25), and the disciples argued over which of them was the greatest (Luke 9:46–48), so I don't see how they could be called "clean." But then I read something that gave me a great answer: "Weakness is different than wickedness." I love that. The disciples had weaknesses, as we all do, but they were not wicked. They heard and received God's Word, and it did a work in them.

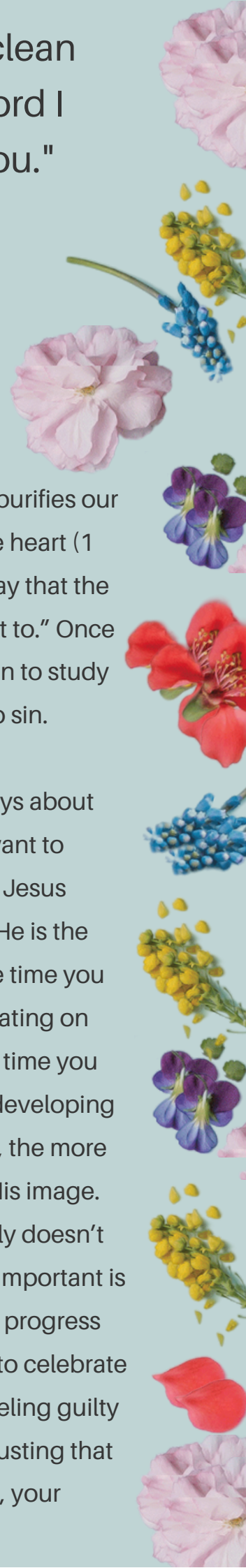
In Psalm 119:9, the psalmist asks God: "How can a young person stay on the path of purity? By living according to your word." This is true not only for young people, but for all of us.

"You are already clean because of the word I have spoken to you."

John 15:3

God's Word changes and purifies our heart, and God looks at the heart (1 Samuel 16:7). You might say that the Word gives us a new "want to." Once we receive Jesus and begin to study His Word, we don't want to sin.

Study what God's Word says about the areas of your life you want to improve, and little by little, Jesus will change you, because He is the Word (John 1:1). The more time you spend studying and meditating on God's Word, and the more time you spend with Him in prayer developing your relationship with Him, the more you will be changed into His image. Total transformation usually doesn't happen overnight; what's important is that you make a little more progress each day. And remember to celebrate your victories instead of feeling guilty about your weaknesses, trusting that because your heart is right, your behavior will improve.



Overcoming Every Problem: Create a Good Life

Wisdom is the correct use of knowledge, and it is one of the most valuable assets we can have. What good is knowledge if we don't know how to apply it wisely? I say, "Wisdom is doing now what you will be satisfied with later." We may not always feel like doing the wise thing, but if we do it anyway, we will eventually be glad we did.

Hebrews 12:11 says that no discipline seems joyous when we are going through it, but later on "it yields a peaceable fruit of righteousness to those who have been trained by it" (ampc). Do you care about later on? Many people live only for the moment without thinking seriously about the future and how their current actions will affect it. This kind of thinking is unwise because "later on" always comes and brings the results of decisions we have made in the past. Once we have those results, it is too late

"This Book of the Law shall not depart out of your mouth, but you shall meditate on it day and night, that you may observe and do according to all that is written in it. For then you shall make your way prosperous, and then you shall deal wisely and have good success."

Joshua 1:8 ampc

to go back and undo what we have done. Of course, God will forgive our foolishness, but we may still have to deal with the results of it.

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Meet the Author

Joyce Meyer is a New York Times bestselling author and one of the world's leading Bible teachers. She teaches practically and candidly and has helped millions of people apply biblical principles to their lives. Joyce holds conferences across the United States and around the world, and her Enjoying Everyday Life program is broadcast to millions online and on TV and radio. She is the author of more than 135 books.