

What to do when Life knocks the Wind out of You.

Greg V Hurd

There is nothing more aggressive than life. Life's constant state of motion facilitates that sooner or later its momentum is going to hit you where you live. Life is violent, active and relentless; it stops for no created thing.

On many occasion, I have had the juggernaut of life pummel my stomach leaving me devoid of my life's breath. My wind forced from me as the pressure became too much to bear.

We have all been there. Phone calls in the early morning hours, news of the passing of a loved one, a bad report from the doctor's office, receiving a lay-off notice from our employers, divorce, legal problems, financial problems and teenagers are vehicles by which the hardest blows of life are received.

"..for He (God) makes His sun rise on the evil and on the good, and sends rain on the just and the unjust."

Matthew 5:45

No one is exempt from the pressures of this life.

"...in the world you are going to have tribulation:"

Jesus

"But know this that in the last days perilous times will come:"

The Apostle Paul

"...when you fall into various trails,"

James

"Beloved do not think it is strange concerning the fiery trial which is to try you,"

Peter the Apostle

However, for those who are in Christ, pressures in this life can be a way of developing strong spiritual muscles, infusing us with a strong resistance to the pressure that surround us giving us the ability to overcome!

"In the world you are going to have tribulation, but be of good cheer, for I have overcome the world."

John 16:33

Pressure can make us or break us.
Pressure can polish us or crush us.
Pressure can bring breakthrough or breakdown.

“A diamond is a chunk of coal that made good under pressure.”

“In one of our great pianos, 243 taut strings exert a pull of 40,000 pounds on an iron frame. It is proof that out of great tension may come great harmony.”

**Theodore Steinway
President of Steinway & Sons**

The Bible has much to say about pressure; within its pages we have testimonies of everyday people under the straightest of circumstances achieving the impossible. The Bible also gives testimony to those who failed under pressure.

As with anything in life the variables between success and failure are miniscule, just a few varying degrees between them, and the purpose of this teaching is to show you the way to handle those times when life's fist hits you square in the abdomen.

Do you want to know how to come out on the other side of tribulation better instead of bitter? I think that you will be surprised how easy it is to apply these truths, but quality of life is not based solely on information, (if that were the case, we would all have it in spades) but in execution. As the Epistle of James says, “It is the doer of the word that shall be blessed in his deeds.”

By virtue of the new birth and the recreated spirit, we now have the ability to be proactive in this life. Before Christ, we were subject to reflexive or reactionary behavior when trouble reared its ugly head. The fruit of the spirit, love, joy, peace, longsuffering, kindness, goodness, faithfulness, gentleness & self-control have empowered us with the ability to respond differently to pressure than in the past.

“I know of no more encouraging fact than the unquestionable ability of man to elevate his life by conscious endeavor.”

Henry David Thoreau

Through the power of Christ that strengthens us we can elevate ourselves above the pettiness and carnal tendencies that have plagued us in the past and rise to new levels in God within our straitened circumstances. The power of Christ within us does not make problems disappear, but provides solutions and lessons that will greatly benefit our life.

So how do I handle it when life knocks the wind out of me?

1. Attitude.

The proper attitude for a child of God who finds themselves gasping for air in the ring of life is a godly one.

Now wait a minute before you roll your eyes and say, “that is a given, I know that.” Really? Then why do most of us find ourselves wallowing in self-pity and depression, giving everybody cauliflower ear over the phone as we regurgitate our dilemma to anybody who will listen (or feels obligated to anyway).

How you see your problem is how you solve your problem. If you perceive that it is too much, you may resort to the remedies of denial, procrastination, & escapism. These may temporarily relieve you of the pressure, but they never eradicate the issue. Problems procreate when not dealt with and the end result is far worse than it was before.

But if we see our problem as temporal and not eternal, as solvable instead of impossible then we have the attitude that overcomes.

So how do we inject ourselves with a dose of God-Attitude?

Acts 16:16 – 34

“But at midnight Paul and Silas prayed and sang praises unto God; and the prisoners heard them.”

Acts 16:25

“Prayer is spiritual breathing.”

We must take some time to catch our breath, by going to God in prayer and praising His holy name and avoid the distractions of wanting to talk to others first. God is our source; to bypass Him is a grave mistake many make in the time of crisis.

Prayer and Praise put us in the position of power.

“My brethren, count it all joy when you fall into various trials, knowing that the testing of your faith produces patience. But let patience have her perfect work, that you may be perfect and complete, lacking nothing. If any of you lack wisdom, let him ask of God, who gives to all liberally and without reproach, and it will be given him.”

James 1:2-5

Prayer and Praise releases us from the confines of our limited resources and opens the channel by which God’s unlimited wisdom can flow.

“People who cannot admit they are part of the problem, will never be a part of its solution.”

Kenneth Kaye

“What comes out of you when you are squeezed is what is inside you.”

Wayne Dyer

Prayer and Praise help us to break off the bands of depression. When we are God-conscious we cannot be wallowing in self-pity.

2. Corral the Mind.

When pressure hits, the mind goes into overdrive grasping for motive, intent, meaning and any other data that can bring understanding. This process can be good and it also can be very bad.

“(For the weapons of our warfare are not carnal, but mighty through God to the pulling down of strongholds), 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;”

2 Corinthians 10:4, 5

The effects of an undisciplined mind appear at the time of crisis. Many thoughts will go through your head. All prevailing thoughts must go through the filter of the word of God. We must judge our thoughts because this is where our enemy resides. The adversary camouflages himself in our thoughts.

“Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known unto God: and the peace of God, which surpasses all understanding will guard your hearts and minds through Christ Jesus.

Finally, brethren, whatever things are true, whatever things are noble, whatever things are just, whatever things are pure, whatever things are lovely, whatever things are of good report, if there is any virtue and if there is anything praiseworthy- meditate on these things.”

Philippians 4:6-8

3. Tame the Tongue.

Pressure always brings with it the temptation to spew vain, ineffective, unproductive and often regrettable words.

Some of the manifestations of an unbridled tongue include:

Blame shifting

Excusitis

Misappropriated Anger

Foolish Talking

James 3:1-12

“After the string of successes that started with Apollo 7, I had a nagging premonition that we were about to break the lucky streak. When you get this feeling, you keep it to yourself and move forward. That kind of feeling has no place in our business.”

**Gene Kranz
Former Flight Director NASA**

What you say in a crisis will be used to build up or tear down.

“In the multitude of words sin is not lacking, but he who restrains his lips is wise.”

Proverbs 10:19

“He who has knowledge spares his words, and a man of understanding is of a calm spirit.”

Proverbs 17:27

“Words of the wise, spoken quietly, should be heard, Rather than the shout of a ruler of fools.”

Ecclesiastes 9:17

Matthew 4:1-11

2 Kings 4:8-37 The Shunamite Woman

“It is Well!