



**How to Manage the Tough Days  
(Try to See Those Days Correctly)  
Philippians 4:11–13 (NKJV)**

**May 19, 2019**

“11 Not that I speak in regard to need, for **I have learned in whatever state** I am, to be content: 12 I know how to be abased, and I know how to **abound**. Everywhere and in all things I have learned both to be **full** and to be **hungry**, both to **abound** and to suffer **need**. 13 I can do all things through Christ who strengthens me.”

**Introduction:** I almost called this sermon, “**Whatever.**” Sometimes you go through challenging seasons and you feel like saying, “whatever.” This season taught me a lot about my thinking process. It revealed where I am mentally tough and where I fight off mental weaknesses. Tough days taught Paul how to manage tough seasons.

1. I don’t always get to pick the **whatever** moments I face
2. I can’t always predict when the **abased** or **low times** will come (there are hungry and needy times”)
3. I can’t always predict when the **abounding times** will come (or times when I am full)

**I. Things I Have Learned  
In My Tough Times**

1. It’s easy to make assumptions and lose faith
2. It’s easy to expect someone to save you and inspire you
3. It’s easy to surrender to defeat and blame everybody

**II. What Studies Say About The  
Tough Days in My Profession**

**Source:** <https://thomrainer.com/2018/02/five-reasons-many-pastors-struggle-depression/>

1. **The spiritual warfare in leadership.** “I don’t mean this in a profane way, but there was a point in my ministry when **all hell broke loose**. I can’t explain the attacks any way other than spiritual warfare. The Enemy was intent on destroying my ministry, and I began to spiral downward emotionally.”
2. **The surprising reality of pastoral leadership.** “I wish someone had told me how tough it is to be a pastor. My single counsel was to preach the Word, and I understood the priority of preaching. But, after a year or so in my first pastorate at age 31, I saw the underbelly of local church life. I was caught off -guard. And it took me some time before I realized I was truly depressed.”



3. **The sense of inadequacy that comes with leadership.** “My church is declining. While I don’t get hung up on numbers, my members started talking about the decline. And when we had to delete a position because we could no longer pay the person, I really begin to hit rock bottom. I felt like it was all my fault.”
4. **The critics and bullies you face in leadership.** “Pastoral leadership really can be a death by a thousand cuts. It’s not any one person or criticism; it’s the constant and steady stream of criticisms. It wears on you. My depression came on gradually, so by the time I was in deep depression, I did not see it coming.”
5. **The loneliness you face in leadership.** “It’s really hard to find a true friend when you are a pastor. And when you have no one to talk to about your struggles and questions, life can get lonely. That is why Church Answers have been a God-send to me. I get to ask questions and share my struggles in a safe place.”

**Question:** Can you relate to these issues in your life?

**Closing:**

- Are you facing tough days during this season of your life?
- How are you managing your tough days?

**Next Time:** What if everyone contributed what you contribute?

**Side Question:** Are you a lazy **low percentage** investment person?

- 24:30 I went by the field of the **lazy** man, And by the vineyard of the man **devoid of understanding**;
- 31 And there it was, all **overgrown** with thorns; Its surface was covered with nettles;  
Its stone wall was **broken down**.