

# RESTORED TO RESTORE

2 Cor 1:3-5



**2 Cor 1:3-5**

**3 Praise be to the God and Father of our Lord Jesus Christ, the Father of compassion and the God of all comfort, 4 who comforts us in all our troubles, so that we can comfort those in any trouble with the comfort we ourselves receive from God. 5 For just as we share abundantly in the sufferings of Christ, so also our comfort abounds through Christ.**



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**God has anointed you to be His  
hand of blessing, healing and  
restoration to a hurting and  
broken world**



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**We can be His instrument of love and healing by:**

by **1. Looking Inward Realistically**

**2. Looking Outward Empathetically**



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# 1. Looking Inward Realistically

John 16:33

“I have told you these things, so that in me you may have peace. **In this world you will have trouble.** But take heart! I have overcome the world.



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# Troubles and sufferings come because:

**A. We are not perfect**

**B. Our body is not perfect**

**C. We live in a fallen world:**

- i. full of fallen people
- ii. full on natural and human-caused disasters
- iii. full of demons and wicked spirits
- iv. full of hatred for Christians



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# How to face troubles and sufferings realistically and courageously?

## 1. Expect them with Faith and Prayer

- **Faith** – our greatest asset
- **Prayer** – our greatest weapon
- **Better** not **Bitter**



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# **1 Thessalonians 5:16-18**

**16 Rejoice always,**

**17 pray continually,**

**18 give thanks in all circumstances;**

**for this is God's will for you in Christ Jesus.**



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# **Surrender your life and your all to God and give Him the power to:**

- make you what He wants you to be**
- help you learn all the lessons you need from your pains, sorrows and sufferings**
- help you grow your faith and strengthen your spiritual muscles**



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# **Surrender your life and your all to God and give Him the power to:**

- enable you to experience His ever-sufficient grace, peace, and joy in greater measure**
- usher you into His presence and enjoy His goodness in a real, special, and powerful way**



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# How to face troubles and sufferings realistically and victoriously?

## 2. Embrace them with Confidence and Trust

Why? **Because God is with you**

**Deuteronomy 31:6**

**Be strong and courageous. Do not be afraid or terrified because of them, **for the Lord your God goes with you**; he will never leave you nor forsake you."**



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## Hebrews 13:5-6

<sup>5</sup> Keep your lives free from the love of money and be content with what you have, because God has said, “**Never will I leave you; never will I forsake you.**” <sup>6</sup> So we say with confidence,

**“The Lord is my helper; I will not be afraid.  
What can mere mortals do to me?”**



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## Psalm 23:1-6

The LORD *is* my shepherd; I shall lack nothing.  
<sup>2</sup> He makes me to lie down in green pastures;  
He leads me beside the still waters. <sup>3</sup> He  
restores/refreshes my soul; He leads me in  
the paths of righteousness for His name's  
sake. <sup>4</sup> **Yea, though I walk through the valley  
of the shadow of death, I will fear no evil; for  
You are with me;** Your rod and Your staff, they  
comfort me.



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## Psalm 23:1-6

<sup>5</sup> You prepare a table before me in the presence of my enemies; You anoint my head with oil; My cup runs over/overflows.

<sup>6</sup> **Surely goodness and mercy shall follow me all the days of my life;** and I will dwell in the house of the LORD forever.



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## Isaiah 40:28-31

**28 Do you not know? Have you not heard? The LORD is the everlasting God, the Creator of the ends of the earth. He will not grow tired or weary, and his understanding no one can fathom.**

**29 He gives strength to the weary and increases the power of the weak.** <sup>30</sup> Even youths grow tired and weary, and young men stumble and fall; <sup>31</sup> **but those who hope in the LORD will renew their strength.** They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint.



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## Isaiah 41:10

So do not fear, for **I am with you**; do not be dismayed, for **I am your God**. I will strengthen you and help you; I will uphold you with my righteous right hand.



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## Isaiah 43:1-3

But now, this is what the LORD says—he who created you, Jacob, he who formed you, Israel:  
“Do not fear, for I have redeemed you; I have summoned you by name; you are mine. <sup>2</sup> **When you pass through the waters, I will be with you;** and when you pass through the rivers, they will not sweep over you. When you walk through the fire, you will not be burned; the flames will not set you ablaze. <sup>3</sup> For I am the LORD your God, the Holy One of Israel, your Savior.



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How to  
**Psalm 46:1-2**

**1** God is our refuge and strength, **an ever-present help** in trouble.

**2** Therefore **we will not fear.**



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**With Christ in our vessel,  
we can smile at the storms**



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**We can let God take control  
of our lives and situations  
and bring deep healing to  
our tired and wounded souls**



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## Romans 12:1-2

"Therefore, brothers, by the mercies of God, I urge you to **present your bodies as a living sacrifice, holy and pleasing to God;** this is your spiritual worship. Do not be conformed to this age, but be transformed by the renewing of your mind, so that **you may discern what is the good, pleasing, and perfect will of God.**"



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# 1 Corinthians 15:57-58

**57 But thanks be to God! He gives us the victory through our Lord Jesus Christ.**

**58 Therefore, my dear brothers and sisters, stand firm. Let nothing move you. Always give yourselves fully to the work of the Lord, because you know that your labor in the Lord is not in vain.**



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# How to face troubles and sufferings realistically and victoriously?

## 3. Endure them with Hope and Joy

Psalm 30:5

Weeping may endure for a night, but joy (rejoicing) comes in the morning.

Romans 8:28

And we know that **in all things God works for the good of those who love him, who have been called according to his purpose.**



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How to  
**Matthew 11:28**

**Come to me,** all you who are weary  
and burdened, and **I will give you rest.**



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**I Can't but God Can**



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**Storms of life will come with greater intensity in the days to come**

- 1. Expect them with Faith and Prayer**
- 2. Embrace them with Confidence and Trust**
- 3. Endure them with Hope and Joy**

**Then you can be of great help to others**



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## 2. Looking Outward Empathetically

by:

**With your experience, you can be  
God's hand of blessing, healing  
and restoring to the sick, troubled,  
lost, discouraged**



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**You know and can understand their pains**

**You can help without prejudice**

**You can comfort and encourage with the  
comfort and encouragement you have  
received from the Lord**

**You can love and empathise with the love of  
God within you**



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# How to help and restore the wounded?

**When God show us a need/situation, we must:**

- 1. Show up** – greatest intention
- 2. Love up** – greatest force and motivation
  - **Whatever you do, do it as unto the Lord**
- 3. Pray up** – greatest weapon - pray for sign, wonder, miracle, breakthrough
- 4. Follow up** – greatest treatment



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# CHALLENGE

**When troubles and sufferings come:**

- 1. Expect them with Faith and Prayer**
- 2. Embrace them with Confidence and Trust**
- 3. Endure them with Hope and Joy**



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# DEDICATION

**Be a Blessing.** With God's help, strength and power:

- 1. Show up**
- 2. Love up**
- 3. Pray up**
- 4. Follow up – if necessary.**



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**We have experienced God's grace,  
mercy and blessings. Let's shower them  
to those who are hurting around us.**

**Remember:**

**We are RESTORED to Restore the hurting**



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## Galatians 6:9-10

**9 Let us not become weary in doing good,**  
for at the proper time we will reap a harvest  
if we do not give up.

**10 Therefore, as we have opportunity, let us  
do good to all people,** especially to those  
who belong to the family of believers.



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