



## Re-train Yourself with Bible Heroes

Hebrews 13:7

Message Notes by Dr. Mark Platt

We are instinctively prone to worry and to be afraid. The media plays on these phobias and paranoias to make it worse. Then, our imagination takes over and heightens our fears. Soon, we are no longer dealing with reality because our emotions make us do things we clouded our minds and we do what we would normally never do.

But if you can learn from godly people who have traveled through trouble, they can show you how to turn off your natural inclinations. The examples of Bible heroes can show you how to retrain your minds and hearts so you do not operate out of fear but faith.

What can you learn from Bible characters who have been through challenges? What can some of the Bible's greatest heroes teach us? What can some of the superheroes of the Bible show us how to re-train ourselves to handle trouble?

Here are **four Bible heroes** who can help you re-train your mind with **four vital skills** that will help you handle trouble.

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|--|-------------------|----------------------|
| <b>I. Re-train yourself to <u>lead</u> others</b>    | <b>(Deborah)</b>  | <b>Judges 4-5</b>    |
| 1. Learn to <u>motivate</u> people                   |                   | Judges 4:8-9, 14-15  |
| 2. Learn to <u>work</u> through people               |                   | Judges 5:2, 9        |
| <b>II. Re-train yourself to serve <u>God</u></b>     | <b>(Nehemiah)</b> | <b>Nehemiah 1-11</b> |
| 1. Serve God through <u>prayer</u>                   |                   | Nehemiah 1:5-11      |
| 2. Serve God through <u>encouragement</u>            |                   | Nehemiah 4:14-15     |
| 3. Serve God through <u>labor</u>                    |                   | Nehemiah 4-6         |
| 4. Serve God through <u>leadership</u>               |                   | Nehemiah 8-9         |
| <b>III. Re-train yourself to serve <u>others</u></b> | <b>(Esther)</b>   | <b>Esther 1-10)</b>  |
| 1. Find your <u>life-purpose</u> by serving          |                   | Esther 4:14          |
| 2. Risk <u>everything</u> to serve                   |                   | Esther 4:16          |

#### IV. Re-train yourself to be used by God

(Moses)

Exodus 1-40

1. Learn to be humble

Numbers 12:3

2. Learn to trust God

Hebrews 12:24-25

#### Your Response:

1. Look over the settings for each of these heroes. What was their life-situation? Were they living in easy or hard times? Look at 2 Corinthians 12:7-10 to see how God works in situations similar to the ones these four Bible heroes faced.
2. What are the qualities in these four Bible characters that you admire most? Why?
3. How did Deborah, Nehemiah, Esther, and Moses deal with fear, conflict, and impossible circumstances? What are some things that you can use in your life as a matrix for how you handle life, problems, and obstacles?
4. Why do you think the qualities of these four Bible heroes drove out fear and gave them courage? Spend some time in prayer asking God to help you cultivate the qualities of these four Bible super-heroes
5. What actions does God want you to take to serve Him, serve others and be His instrument at this time? Spend some time in meditation. Ask God how He wants you to serve Him just like these Bible heroes.
6. Name some other Bible heroes who have experienced trouble. What can you learn from their lives? Are there any transferrable concepts you can put into your life and your ability to deal with hardship, affliction, and trouble?

#### Resources:

Moses by F. B. Meyer

A Woman God Can Use by Alice Mathews

Victorious Christian Service: Studies in the Book of Nehemiah by Alan Redpath

Esther: A Woman of Strength and Dignity by Chuck Swindoll

Moses: A Man of Selfless Dedication by Charles R. Swindoll

The Deborah Anointing by Michelle McLain Walters