Dominating Adversity With God- Psalm 18:29

"For by You I can run upon a troop: And by my God I can leap over a wall."

Adversity, struggles, and challenges are part of everyday life and play a role in our story. We can learn from the Psalms, that getting through adversity is possible with God.

We are not caught off guard by adversity:

As much as we probably all dislike adversity, it plays a key role in our development in life. It is unavoidable. Expect it! It can come from anywhere. The key is for us to not be caught off guard. Face it! Dominate it! Own it! James 1:12 states, *"Blessed is the man who perseveres under trial; for once he has been approved, he will receive the crown of life."*

We welcome adversity:

Going through trials and adversity makes us individuals who are tested and can conquer those challenges that stand in our way. Trials and adversity are gifts that enhance and refine our lives. I never pray for adversity, but I don't shy away from it and actually welcome it as something that I need in my life to prepare me and equip me for now and for the future. James 1:2-4 states, *"Consider it all joy, my brothers, when you encounter various trials, knowing that the testing of your faith produces endurance. And let endurance have its perfect result, so that you may be perfect and complete lacking in nothing."* Bring it on!

We overcome all adversity:

You are loved, appreciated, and supported through it all. With God, we are capable of overcoming anything! Romans 8:37 says, *"No, in all these things we are more than conquerors through Him who loved us."*

We dominate adversity with God:

To dominate is to "have a commanding influence on or to exercise control over." This is what our goal is when it comes to adversity. We are going to win the battle over it. We will control it; destroy it; and grow from it with the help of our God. God is mighty and can overcome anything. Matthew 19:26 states, *"And looking up at them, Jesus said to them, 'With people this is impossible, but with God all things are possible.'"*