

MESSAGE NOTES



Series: The Life You Didn't Expect
Message: Pressed but Not Crushed:
When Problems, Pressure,
and Pain Come
Speaker: Rusty Coram
Date: September 7, 2025

Here are 5 of the top 10 verses read and sent
in 2024 from Bible Gateway...

"¹The Lord is my shepherd, I shall not be in want. ²He makes me lie down in green pastures, he leads me beside quiet waters, ³he restores my soul. He guides me in paths of righteousness for his name's sake.

⁴Even 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. ⁵You prepare a table before me in the presence of my enemies."
Psalm 23:1-5 (NIV)

Here is a truth that is often avoided...

Following Jesus isn't the easy way to live.

- It does not protect us from heartache and loss.
- It does not make us immune to being hurt by others.

- It does not keep us from making bad decisions that cost us and others.

Following Jesus isn't the "easy" way to live.
But it is the very best way!

Our Lord is always with us.

"The Lord is close to the brokenhearted; he rescues those whose spirits are crushed. ¹⁹ The righteous person faces many troubles, but the Lord comes to the rescue each time."
Psalm 34:18–19 (NLT)

Our church family is with us, too.

"We are pressed on every side by troubles, but we are not crushed. We are perplexed, but not driven to despair. We are hunted down, but never abandoned by God. We get knocked down, but we are not destroyed."
2 Corinthians 4:8–9 (NLT)

Some ways to connect with others at
New Hope:

Small Groups- nhc.click/sg
GriefShare- nhc.click/gs
Holland Connect- nhc.click/hc
The Landing- nhc.click/landing
Celebrate Recovery- nhc.click/cr

"We have this hope as an anchor for the soul, firm and secure."
Hebrews 6:19 (NIV)

Disappointment or His-appointment is a matter of perspective.

BIBLE TRANSLATIONS:

NLT – New Living Translation
NIV – New International Version

TAKE HOME SHEET



Series: The Life You Didn't Expect
Message: Pressed but Not Crushed:
When Problems, Pressure,
and Pain Come
Speaker: Rusty Coram
Date: September 7, 2025

Review the message notes and verses. What is one thing that stands out to you the most? Why?

What might be some reasons that God doesn't eliminate all trouble, pain, and heartache from our lives when we choose to follow Him?

The difference in disappointment and His-appointment is one letter, but the impact is huge.

Read the following passage from the Good News Bible translation...

"We know that in all things God works for good with those who love him, those whom he has called according to his purpose. ²⁹Those whom God had already chosen he also set apart to become like his Son, so that the Son would be the eldest brother in a large family."

Romans 8:28–29 (GNB)

What are two or three things that you see here that can help you have a healthy perspective when facing problems?

Is there something you are wrestling with today where this truth can help?

Do you have a friend whom you can ask to pray with/for you?