

I. PAUL'S PERSONAL AFFLICTION! (Vs 8)

Here the Apostle Paul is showing by personal example that he is not just running off at the mouth about this matter, but rather he had first hand experience of what he is speaking about!

Paul uses a word that is translated here as **"trouble."**

The meaning of that word is **"pressure"** (literally or figuratively): According to *Strong's Exhaustive Concordance*, it is translated elsewhere in the New Testament as *afflicted, affliction; anguish, burdened, persecution, tribulation, trouble.*

In fact it is the same word translated as **"tribulation"** and **"trouble"** back in vs 4.

Paul's advice was **not** just theoretical! He shared here from a very dark chapter in his life to show us that these principles can be applied to real life!

Whatever his affliction was in Asia, it was more than he could personally bear alone! And it pushed him to the very brink of death!

A. **"Pressed Out Of Measure"**

The word **"pressed"** means **"weighed down...burdened"**.  
**"Out of measure"** means **"a throwing beyond others,"** that is, (figuratively) **"supereminence;"**

B. **"Above Strength"**

**"strength"** is **"dunamis"** (doo'-nam-is) which means **"force (literally or figuratively); specifically miraculous power (usually by implication a miracle itself)."**

C. **"Despaired Even Of Life"**

**"Despaired"** means **"utterly at a loss"** and implies **"the total unavailability of an exit."**

He was despondent...he thought he was going to physically die!

II. PAUL'S PERSONAL ASSESSMENT! (Vs 9)

**There are only three possible outlooks a person can take when they come to the afflicting trials of life:**

If we see our trials as just the products of *"fate"* or *"chance,"* then we may as well give up because there is nothing we can do!  
Nobody can control fate or chance.

If, in our trials, we see that we have to control everything ourselves, then the situation is equally as hopeless, since there are many things we cannot control.

However, the reality is that in our trials God is still in control, and we must trust Him! Only then can we overcome circumstances through His help!

Paul looked to the fact that we *"had the sentence of death in ourselves."*

*1 Corinthians 15:22 For as in Adam all die, even so in Christ shall all be made alive.*

Paul had died in Christ that he might live!

*Galatians 2:20 I am crucified with Christ: nevertheless I live; yet not I, but Christ liveth in me: and the life which I now live in the flesh I live by the faith of the Son of God, who loved me, and gave himself for me.*

He had resolved what he spoke to this Church in his first epistle when he said in *1 Corinthians 15:31*—*"...I die daily"*

He knew that even in the day to day living of life he needed the strength and the deliverance of God who raises the dead!

Intense suffering is designed to remind us of our utter helplessness apart from God! When we are the most despondent when we are the most helpless!

Our understanding of things is finite and feeble at best!

**BOOK OF 2 CORINTHIANS  
PAUL'S TRUST IN GOD  
2 CORINTHIANS 1:8-11**

Therefore, we must acknowledge that we are finite and feeble and trust in the One who is both infinite and infinitely stronger than us and whatever we face!

In fact, he is infinitely stronger than death as shown in the resurrection of Jesus Christ!

*Proverbs 3:5-6 5 Trust in the LORD with all thine heart; and lean not unto thine own understanding. 6 In all thy ways acknowledge him, and he shall direct thy paths.*

The world's wisdom is diametrically opposed to God's wisdom! The world says "follow your heart" and "pull yourself up by your own bootstraps." But that's not God's way!

God's way for us is **leaning, trusting, and depending!**

*Psalm 3; 61*

In every situation we face in this life, we need to have a "**Declaration Of Dependance**" on the LORD!

**III. PAUL'S PERSONAL ACKNOWLEDGMENT! (Vs 10-11)**

**A. Acknowledgment Of Where God Is In All Of This! (Vs 10)**

**1. God Delivered Us!—Penalty Of Sin!**

Paul says here that God is the one Who delivered us from so great a death! Just think about that one for a minute!

He delivered us from that eternal death in hell!

**2. God Doth Deliver!—Power Of Sin!**

Power for living life! Again Galatians 2:20 in action!

**3. God Will Yet Deliver!—Presence Of Sin!**

So what if we lose our life here.

**BOOK OF 2 CORINTHIANS  
PAUL'S TRUST IN GOD  
2 CORINTHIANS 1:8-11**

We will be raised up and glorified together with Christ!

**B. Acknowledgment Of Where Believers Are In All Of This! (Vs 11)**

**1. Helping By Prayer!**

**2. Helping By Giving!**

**3. Helping By Thanksgiving!**