

# Hope WORTH HAVING™

AUGUST 2023

## Advancing Through Adversity

By Pastor Mike Sanders

Adversity is a part of life. It can come in many forms, such as job loss, illness, or relationship problems. When we face adversity, it can be easy to feel discouraged and give up. However, it is essential to remember that adversity can also be an opportunity for growth.

Here are a few tips for advancing through adversity:

**1. Don't give up.** Our salvation is proven by the trials from God. It is important to stay positive and keep moving forward, even when things are tough. The Bible says, "Let us not grow weary while doing good, for in due season we shall reap if we do not lose heart" (Galatians 6:9 NKJV).



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**2. Find a support system.** As believers, we are commanded to help our brothers and sisters in Christ. Talking to friends, family, or a pastor can help you to cope with adversity and feel supported.

**3. Take care of yourself.** Make sure to get enough sleep, eat healthy foods, and exercise regularly. Taking care of your physical and mental health will help you to better cope with adversity.

**4. Learn from your experiences.** Adversity can teach us valuable lessons about ourselves and the world around us. Jesus said, "Fear not, therefore; you are of more value than many sparrows" (Matthew 10:31 ESV). Take the time to reflect on your experiences and learn from them.

**5. Help others.** Helping others can give you a sense of purpose. It can also take your mind off of your own problems. Jesus taught us in Mark 10:45 (NKJV) "For even the Son of Man did not come to be served, but to serve, and to give His life a ransom for many".

Adversity can be a difficult challenge, but it is also an opportunity for growth. By following these tips, you can advance through adversity and become a stronger person. ●

*Stronger Person*



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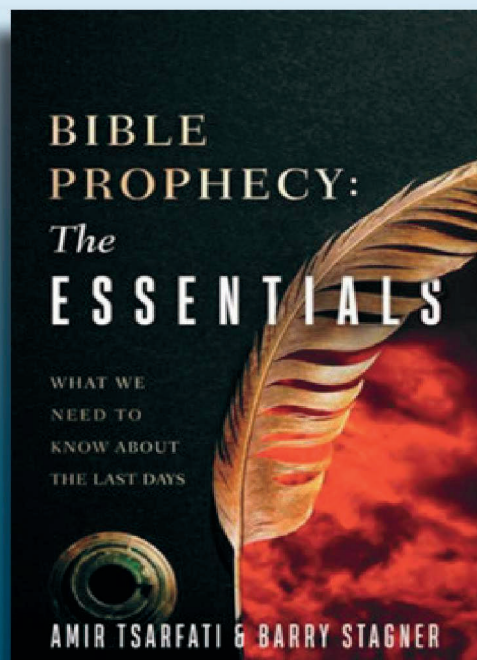


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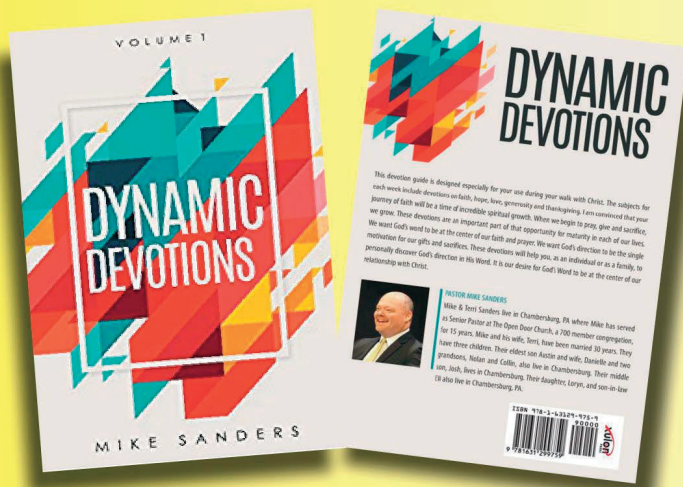
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# Hope Worth Having™ Broadcast

## TELEVISION & STREAMING

### Sundays

11:00 a.m. HopeWorthHaving.com Live Stream

11:00 a.m. Hope Worth Having Facebook Page

11:30 a.m. WLYH Lighthouse 49

Chambersburg, PA Cable Channel 18

Carlisle/Gettysburg, PA Cable Channel 21

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Harrisburg/York, PA Cable Channel 7

Hershey, PA Cable Channel 13

Lancaster/Lebanon, PA Cable Channel 10

Direct TV Channel 49

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### Mondays

9:00 a.m. Atlanta 57, GA

### Thursdays

10:00 p.m. WLYH Lighthouse 49, PA

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## RADIO

### Sundays

8:30 a.m. - McConnellsburg, PA – WEEO FM 103.7

9:30 a.m. - York, PA – WYYC AM 1250

10:00 a.m. - Sweetwater, TN – WDEH AM 800

10:30 a.m. - Pittsburgh, PA – WWNL AM 1080

10:30 a.m. - Key West, FL – WPIK FM 102.5

10:30 a.m. - Key West, FL – WKEZ FM 96.9

### Fridays

4:30 p.m. - Wilkes-Barre/Scranton, PA – WITK AM 1550

### Saturdays

1:00 p.m. - Wilkes-Barre/Scranton, PA – WITK AM 1550

5:00 p.m. - York, PA – WYYC AM 1250

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there is Hope  
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WITH  
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