

OVER IT NOW

*Lessons from Biblical Heroes
Who Overcame Trials*

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Introduction

Beloved, today I stand before you with a heart full of hope and a spirit renewed. I want to share a message that resonates deeply within my soul—a message of healing, restoration, and the glorious freedom we find in Jesus Christ. This sermon is titled “Over It Now: Lessons from Biblical Heroes Who Overcame Trials.” Throughout Scripture, we find men and women who faced severe storms and trials, yet they emerged victorious, able to declare, “I’m over it now!”

I. Walking Through Shadows: The Example of David

We’ve all faced moments in life when we feel as if we are walking through shadows. Consider King David, who wrote in Psalm 23:4, “Yea, though I walk through the valley of the shadow of death, I will fear no evil: for thou art with me.” David faced countless trials—from the jealousy of King Saul to the betrayal of his own son, Absalom. Yet, through it all, he found comfort in the presence of God. In our darkest valleys, we too can find assurance that God walks beside us, guiding us through the storms where hope can sometimes hide.

II. The Healing Process: The Woman with the Issue of Blood

There are wounds that run deep, scars that linger long after the pain has faded. Take the woman with the issue of blood (Mark 5:25-34). For twelve long years, she suffered, feeling isolated and hopeless. But in her desperation, she reached out to Jesus and found healing. In the silence of her heart, she encountered the gentle whisper of God. The tempest of her suffering raged, but when she touched the hem of His garment, she realized she had won the fight! Like her, we can find healing and restoration in Christ.

III. The Promise of Restoration: Noah's Covenant

The rain may come to wash away our pain, but in its wake comes a promise—a rainbow that arches through the trees. After the flood, God made a covenant with Noah, symbolized by the rainbow (Genesis 9:13-15). This promise reminds us that after every storm, there is a new beginning. Our dreams, once scattered like leaves in flight, can be restored and transformed into something vibrant and beautiful. Just as God assured Noah, He assures us that His promises are yes and amen (2 Corinthians 1:20).

IV. Leaving the Past Behind: The Apostle Paul

“I’m over it now, the past behind,” we declare with confidence, just as the Apostle Paul did. In Philippians 3:13-14, he urges us to forget those things which are behind and reach forth unto those things which are before. Paul had a past filled with persecution and regret, yet he chose to redefine his life in Christ. He embraced the joy and peace that comes from knowing Jesus, who gives us life and that more abundantly (John 10:10).

Paul faced incredible trials, as detailed in 2 Corinthians 11:24-27:

- Five times he received forty stripes minus one from the Jews (this was a severe punishment, symbolizing extreme suffering).
- Three times he was beaten with rods (a form of Roman punishment).
- Once he was stoned (a method of execution in his time).
- Three times he was shipwrecked (indicating perilous journeys).
- He spent a night and a day in the deep (adrift at sea, facing death).
- He faced dangers from rivers, robbers, his own countrymen, and the Gentiles (indicating constant threats from various groups).
- He faced dangers in the city, in the wilderness, and at sea (showing he was never free from danger).

- He endured weariness, toil, and sleeplessness (the physical toll of his ministry).
- He faced hunger and thirst, often going without food (indicating severe deprivation).
- He experienced cold and nakedness (the lack of basic necessities).

In addition to these physical trials, Paul also faced the emotional burden of concern for all the churches (2 Corinthians 11:28).

Yet, in the midst of these trials, Paul learned to rely on God's grace. In 2 Corinthians 12:9, he writes, "But he said to me, 'My grace is sufficient for you, for my power is made perfect in weakness.'" Paul's weaknesses became a platform for God's strength to shine through.

V. Embracing Freedom: The Prodigal Son

So here we stand, beneath the sky, with open arms, much like the father of the Prodigal Son (Luke 15:11-32). The son returned home, weighed down by shame and regret, but his father welcomed him with open arms. In surrendering our burdens and letting go of what weighs us down, we discover true freedom. Galatians 5:1 tells us, "Stand fast therefore in the liberty wherewith Christ hath made us free." This freedom allows us to see the beauty that blooms in

our lives as we embrace the fullness of His grace.

VI. Biblical Heroes Who Overcame Trials

Throughout Scripture, we find many men and women who faced trials and emerged victorious, able to say, “I’m over it now!” Here are a few examples:

- Joseph: Sold into slavery by his brothers, falsely accused, and imprisoned, yet he rose to power in Egypt and forgave his brothers (Genesis 37-50).
- Moses: Faced rejection, the plagues of Egypt, and the wilderness, yet he led the Israelites to freedom (Exodus 3-14).
- Job: Endured immense suffering, loss, and despair, but remained faithful and was restored (Book of Job).
- Esther: Risked her life to save her people, declaring, “If I perish, I perish” (Esther 4:16).
- Daniel: Faced the lions’ den for his faithfulness to God but was delivered (Daniel 6).
- Ruth: A Moabite widow who faced loss and hardship but became an ancestor of Christ (Book of Ruth).
- Hannah: Endured years of barrenness and ridicule but prayed fervently and was blessed with a son, Samuel (1 Samuel 1).
- Peter: Denied Christ three times, yet after the resurrection, he was restored and became a pillar of the early church (John 21:15-19).
- Mary Magdalene: Delivered from seven demons,

she became the first to witness the resurrected Christ (Luke 8:2, John 20:11-18).

- Paul: After his dramatic conversion, he faced persecution, imprisonment, and hardship, yet he became a champion of the Gospel, declaring, “I’m over it now!” (Acts 9; 2 Corinthians 11).

VII. Fables and Proverbs: The Wisdom of “It’s Over Now”

In addition to the biblical accounts, we can draw wisdom from fables and proverbs that echo the sentiment of overcoming trials.

- The Tale of the Phoenix: This mythical bird rises from its ashes, symbolizing rebirth and renewal. Just as the phoenix emerges stronger after its fiery trials, so can we declare, “It’s over now!” after overcoming our challenges.
- The Chinese Proverb: “Fall down seven times, get up eight.” This proverb teaches resilience and the importance of perseverance. Life may knock us down, but we can always rise again, proclaiming “I’m over it now!”
- The Hebrew Idiom: In Hebrew tradition, the phrase “It’s over now” can be understood as “Gam zeh ya’avur,” meaning “This too shall pass.” This idiom reminds us that our struggles are temporary and that we can find peace and strength in the knowledge that

God is with us through every storm.

VIII. More Figures Who Overcame and Declared “It’s Over Now”

In addition to the biblical heroes already mentioned, we can find inspiration from other figures who faced trials and emerged victorious:

- Abraham: Faced the challenge of leaving his homeland and the uncertainty of fathering a nation through his son Isaac, yet he became the father of many nations (Genesis 12-21).
- Jacob: Endured years of hardship and deception, yet he wrestled with God and emerged transformed, receiving the name Israel (Genesis 32:22-32).
- Naomi: Experienced the loss of her husband and sons but returned to Bethlehem with Ruth, declaring that God had brought her back to fullness (Ruth 1:20-21).
- Zacchaeus: A tax collector who faced societal rejection, yet he sought Jesus, repented, and was transformed (Luke 19:1-10).

Conclusion

As we conclude, I urge you to reflect on your own journey. What burdens are you carrying? What shadows have you walked through? Remember, you

don't have to carry them alone. Jesus invites you to lay your burdens at His feet. Today, let us declare together, "I'm over it now!" Let us embrace the healing, the restoration, and the freedom that comes from trusting in Him.

In Romans 8:31, we are reminded, "What shall we then say to these things? If God be for us, who can be against us?" In the name of Jesus, may we rise above our past, find our joy in the present, and walk boldly into the future He has prepared for us. Amen.