

Four Steps

Out of Tribulation

By Dave Roberson

Unless otherwise indicated, all Scripture notations are taken from the *King James Version* of the Bible.

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By Dave Roberson

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Chapter 1 ***Obtaining the Fullness*** ***Of Our Salvation***

Sometimes it's hard for Christians to understand why Jesus doesn't come on the scene to heal them or set them free in various areas of their lives as simply as He saved them when they were born again.

Many believers reason, "The Cross on which Jesus was made to be my sin is the same Cross on which He bore my sicknesses and carried my pains. So why is salvation so easy to attain in comparison to healing? And why does healing seem not only more difficult to receive, but also more difficult to hang on to once I do receive it?"

"The devil isn't able to take away my salvation just because he wants to," these people say, "so why is he able to take away my healing almost automatically unless I fight to keep him from doing it?"

I'm going to tell you why this is so, so pay close attention. Then, afterwards, I will teach you four steps out of tribulation that will help you to 1) receive your healing or whatever miracle you need and 2) hang on to your miracle once you receive it.

Believe, Confess, and Receive

First, let's look at the principles Paul presents in Romans 10:9,10 that cause us to be born again:

**That if thou shalt confess
with thy mouth the Lord Jesus,
and shalt believe in thine heart**

**that God hath raised him from
the dead, thou shalt be saved.**

**For with the heart man
believeth unto righteousness;
and with the mouth confession
is made unto salvation.**

These principles are the same ones outlined in Mark 11:23 that move our "mountains" into the sea. According to Jesus, if we believe with our heart and confess with our mouth, we will have what we say: **For verily I say unto you, That whosoever shall say unto this mountain, Be thou removed, and be thou cast into the sea; and shall not doubt in his heart, but shall believe that those things which he saith shall come to pass; he shall have whatsoever he saith.**

We saw the truth of this verse when we were born again. When we believed in our hearts that Jesus is Lord and confessed Him with our mouths as our risen Savior, the mountain of sin in our lives was cast into the sea of forgetfulness.

For most of us, it was easy to receive and hang on to our salvation. So why is it that even after the mountain of sickness is removed from our bodies, it keeps wanting to return, bringing disease and every other physical malady along with it?

Salvation on Two Levels— Spiritual vs. Natural

To answer that question, it's important to understand this: When Jesus talked about salvation, He was referring to a work of redemption that encompasses all three realms of man: spirit, soul, and body.

1. Spirit—the hidden man of the heart.
2. Soul—comprised of our mind, will, intellect, and emotions.
3. Body—the physical body in which we live on this earth.

Jesus divided these three realms into the two distinct levels from which we operate. The first is the level of the spirit, which includes the entire Kingdom of Heaven. The second is the physical level, which includes the natural world and everything in it, including our physical bodies and their subjection to natural law.

Jesus talked about both the spiritual and the natural worlds when He told Nicodemus, “You must be born again”:

That which is born of the flesh is flesh; and that which is born of the Spirit is spirit.

Marvel not that I said unto thee, Ye must be born again.

The wind bloweth where it listeth, and thou hearest the sound thereof, but canst not tell whence it cometh, and whither it goeth: so is every one that is born of the Spirit.

John 3:6-8

In other words, the realm of the spirit in this natural world is as invisible, yet as present, as the wind. And like the wind, there is no place in this world where it is not.

Jesus was saying, “What is born of the Holy Spirit is your human spirit.”

You see, when you are born again, the rebirth takes place in the spiritual

realm. You know something has happened because, like the wind, you can both feel and hear the Holy Spirit when He begins to communicate with your born-again spirit, but you cannot see Him.

Now, the reason a person doesn’t slip in and out of salvation the same way he may slip in and out of his manifested healing is because his born-again spirit belongs to the spiritual realm, whereas his body belongs to the natural realm. His human spirit actually underwent a creative process known only to God that literally translated it out of darkness and into the Kingdom of His dear Son.

Colossians 1:13 refers to that supernatural process: **Who hath delivered us from the power of darkness, and hath TRANSLATED us into the kingdom of his dear Son.**

Our body belongs to the natural realm of this world. In this physical realm, the effects of the curse are still operating—effects that were set in motion when Adam opened the door to Satan and introduced the world to misery, disease, and death.

The Bible tells us that, even though a person is born again, the last enemy to be put under Jesus’ feet will be death:

For he must reign, till he hath put all enemies under his feet.

The last enemy that shall be destroyed is death.

1 Corinthians 15:25,26

Think of it—one day we will hear the sound of Heaven’s trumpet, and our body will be transformed from corruptible to incorruptible!

In a moment, in the twinkling of an eye, at the last trump: for the trumpet shall sound, and the dead shall be raised incorruptible, and we shall be changed.

1 Corinthians 15:52

That will be something to behold! Suddenly, by a creative process known only to God, our body will undergo a supernatural transformation—a divine change similar to the one our human spirit underwent when it was born again and became a new creation.

When that happens, the devil will be as incapable of making our new glorified body sick as he is presently incapable of depositing spiritual death into our born-again human spirit. Of course, at the time we receive our glorified bodies, the devil won’t be free to approach us with sickness and disease any longer. But even if he were free to try, he wouldn’t be successful!

However, that time hasn’t come yet. Our bodies, these “earthen vessels,” still belong to this natural realm and are still susceptible to sickness and disease. **WE** are the ones who have to take dominion over our physical body, bringing it into subjection to the Word of God and to that one-time event of the Cross when Jesus bore every pain and sickness for us.

Expand Your Measure of Faith

You see, there’s only one way a person can be assured of not only receiving a healing miracle but also holding on to his manifested healing once he receives it: He must receive his miracle for **HIMSELF**.

I thank God when a person receives a miracle in a prayer line. But that person still has to learn how to hold on to his miracle after he receives the manifestation in the natural. And the only way he can do that is to **EXPAND HIS MEASURE OF FAITH**.

Romans 12:3 talks about this God-given measure of faith: **For I say, through the grace given unto me, to every man that is among you, not to think of himself more highly than he ought to think; but to think soberly, according AS GOD HATH DEALT TO EVERY MAN THE MEASURE OF FAITH.**

That means the measure of faith resides in the spirit of every believer. But that measure must be expanded within the believer’s heart until it fills the hope in his soul with the substance of faith.

Chapter 2 ***Four Steps From*** ***Hopelessness to Faith***

I see many believers all over the world who have lost their hope. Some have been run over by the cares of this world. For others, disease has worn them out, taking their initiative away from them. Still others are caught up in false doctrines that give them false hope.

The reason hopelessness is so destructive is this: Without the kind of hope that is formed in a person's soul by the Word of God, faith has nothing to put substance to according to Hebrews 11:1: **Now faith is the substance of things hoped for, the evidence of things not seen.**

Now follow me closely as we look at the four steps the Apostle Paul outlined to bring us out of tribulation. When followed, these steps will cause us to develop the kind of hope that produces lasting results and allows the love of God to be shed abroad in our hearts by the Holy Spirit. This means, of course, we will receive assurance and the answer to our prayer.

Step Number One: Worship

What are we to do when we find ourselves in the midst of tribulation? What are the steps we should take when problems arise that seem to be out of control, such as a terminal disease or a financial crisis?

First, we must remember that the first thing both Paul and James did in the midst of any tribulation they encountered was to glorify and

worship God. For instance, in Romans 5:3-5, Paul says this:

And not only so, but we glory in tribulations also: knowing that tribulation worketh patience; And patience, experience; and experience, hope: And hope maketh not ashamed; because the love of God is shed abroad in our hearts by the Holy Ghost which is given unto us.

James 1:2-4 tells us something similar:

My brethren, count it all joy when ye fall into divers temptations; Knowing this, that the trying of your faith worketh patience. But let patience have her perfect work, that ye may be perfect and entire, wanting nothing.

Both Paul and James knew that nothing can sustain the emotions in times of tribulation better than worshiping God. Worship adds fortitude and strength to a person's soul, giving him the patience to stand during the sometimes lengthy duration of testings and trials.

Step Number Two: Patience

Notice it says in Romans 5:3 that tribulation works **PATIENCE**. However, you have to be careful as to what kind of patience you lend yourself to.

You see, there are two kinds of patience. One kind is of the world. It

teaches a person to patiently endure his circumstances since “he can’t do anything about them anyway.” People learn to deal or cope with a problem because they have no hope of changing it.

But the patience that is of God works **EXPERIENCE**. The literal translation of the original Greek implies that patience goes out and hires or employs experience because patience knows that its new “employee” will eventually bring you out of tribulation.

This brings us to the third step out of tribulation, which is experience.

Step Number Three: Experience

The kind of experience that patience “hires” to bring you out of tribulation is the kind that is worked by God’s Word. This is why Hebrews 5:13,14 says that everyone who is unskillful or inexperienced in the Word of righteousness, or of right-standing with God, is a spiritual baby:

For every one that useth milk is unskillful in the word of righteousness: for he is a babe.

But strong meat belongeth to them that are of full age, even those who by reason of use have their senses exercised to discern both good and evil.

So patience supplies the time needed for our answers to manifest in the natural realm. And during that space of time between the prayer and the manifested answer, experience takes us from a state of unskillful handling of God’s Word to a state of

being highly skilled and experienced in applying the Word to the problem.

Hebrews 5:14 says, **But strong meat belongeth to them that are of full age, even those who by reason of use have their senses exercised to discern both good and evil.** In other words, someone who lives only on spiritual milk is the opposite of someone who is grown up spiritually and eats the strong meat of the Word.

Strong meat belongs to those who by reason of use—use of the Word—have their senses exercised by bringing their physical senses under subjection to the Word of God to discern both good and evil. So when the senses say, “You are not healed,” a believer who feeds on strong meat knows how to bring his body under subjection to God’s Word which says, “You **ARE** healed”—until finally the disease gives way to the Word.

Notice that verse 14 says a person has his “senses **EXERCISED** to discern both good and evil.” That word *exercised* means the mature believer literally puts his physical senses through a training drill, exercising them until they are no longer afraid of the circumstance that says they will die or go broke or give way to hopelessness and depression.

You may ask, “But how do I do this? What is the most effective way to exercise my senses?” That brings us to the fourth step, which is hope.

Step Number Four: Hope

Hope is the fourth and final step in deliverance out of tribulation. When we

establish our hope in God and on His Word—on what He says is true—then faith can put substance to our hope, resulting in the manifestation of the very answers we are believing God for.

Now faith is the substance of things hoped for, the evidence of things not seen.

Hebrews 11:1

This final step is crucial, for there is no answer to prayer without faith. The Bible says that without faith, it is impossible to please God (Hebrews 11:6).

So we have four steps that will bring us out of tribulation and deliver us to the kind of hope that is rooted in who God is, what He has said, and who we are in Him. The kind of hope faith can give substance to. In fact, these four steps will bring us out of ANY kind of attack from the enemy, whether it is a terminal disease, financial lack, or the torments of mental depression.

Chapter 3 ***Worship in Times of*** ***Tribulation***

You know, I don't mind enduring the tribulations caused by sinners who persecute me for the sake of the Gospel. I know that sometimes Jesus asks us to endure persecution for our testimony's sake. In fact, at times it is our testimony as we endure that causes those who persecute us to receive salvation.

But we DON'T have to put up with Satan's direct attacks against us! It is during those times of demonic attack that these four steps are most effective.

Submitting to God's Word Through Worship

Suppose that one day you come home and find yourself in the midst of tribulation. For instance, let's say the doctors have just given you the bad report that there is no known cure for the kind of cancer spreading in your body.

The next few months will be a critical time in your fight of faith. The devil will attempt to instill fear and doubt into you, trying to totally destroy whatever hope you may have in your heart.

At this point, you have to willfully submit yourself to the Word of God to combat the negative input, and you do that the same way Paul and James did it: They began to glorify and worship God in the midst of their trials, because worship is the first step out of tribulation.

Worship not only sustains our emotions during the duration of the trial when we need patience, but it also begins the process that helps us gain the experience we need to become highly skilled in handling the Word of righteousness. Therefore, the way we worship is important.

In this case, I am not referring to times of praise and worship in a public assembly. I am talking about faithfully setting aside private time to go into your prayer closet, close the door, and begin to worship God—just you and Him, with no one else around.

The High Praises of God— A Two-Edged Sword

That's the kind of worship Psalm 149:5-9 is talking about:

Let the saints be joyful in glory: let them sing aloud upon their beds. [That's definitely talking about private worship!]

Let the high praises of God be in their mouth, and a two-edged sword in their hand;

To execute vengeance upon the heathen, and punishments upon the people;

To bind their kings with chains, and their nobles with fetters of iron;

To execute upon them the judgment written: this honour have all his saints. Praise ye the Lord.

In our covenant, Ephesians 6:12 declares: **For we wrestle not against flesh and blood, but against principalities, against powers, against the rulers of the darkness of**

this world, against spiritual wickedness in high places.

So in Psalm 149:8, the kings and nobles that are put into chains and fetters of iron through our praise and worship are not natural kings. They are demonic principalities and powers—the kind that kill our hope and bring evil reports of disease, discord, depression, and fear.

So when the bad report comes, you must immediately put the devil in chains. How do you do that? By letting the high praises of God become the two-edged sword in your hand—as the sixth verse so aptly declares.

First, you should begin to worship God because you are saved and your name is written in Heaven. Then worship God for His Word, saying things like, “Father, I thank You and love You for Your Word. God, You are not a man that You can lie. You exalt Your Word above Your Name. Jesus, I praise You and love You for bearing my sicknesses and carrying my pains. I proclaim that **I AM HEALED FROM THIS DISEASE!**”

You should also select powerful scriptures pertaining to the particular kind of tribulation you find yourself in. In this instance, cancer has attacked your physical body. Therefore, center in on healing scriptures as you worship God—quoting them, thanking God for them, and confessing your liberty from the devil’s strategies because of their truth.

In doing this, you are executing upon the cancer and the devil the

judgment God has written for them in His Word. This is why Psalm 149:9 says what it does: **To execute upon them the judgment written: THIS HONOUR HAVE ALL HIS SAINTS. Praise ye the Lord.**

Our Confession of Faith Affects Our Soul

I used to think that my confession of faith moved God, but it doesn’t. I can’t move Someone who has already given everything.

He that spared not his own Son, but delivered him up for us all, how shall he not with him also freely give us all things?

Romans 8:32

Our worship belongs to God, but our confession belongs to our own soul. It is our confession of faith that trades in our old hope for the kind of hope that faith can put substance to.

Ephesians 5:19,20 exhorts us to continually use our mouths to thank God and confess His Word through psalms, hymns, and spiritual songs:

Speaking to yourselves in psalms and hymns and spiritual songs, singing and making melody in your heart to the Lord;

Giving thanks always for all things unto God and the Father in the name of our Lord Jesus Christ;

You see, **FASTING** benefits the physical man, and **PRAYING IN TONGUES** benefits the spirit man. But **CONFESSION** benefits the soul, forming

in the believer the kind of godly hope that faith can put substance to.

Cross the Line From Hope to Faith

So as you continue to worship God and confess His Word, patiently waiting for your manifested answer, your worship works the Word. Meanwhile, your patience gains the experience you need from working the Word to thwart the devil's obvious attempts to overpower your hope with fear and doubt. Eventually, your hope is transformed into the kind of hope that faith can put substance to, because it is based on who God is, what He has said, and who you are in Him. Therefore, when you cross that line from hope to faith, you will know it in your spirit. The old-timers called it "praying through."

As you cross that line, the hope that is in you begins to fill up with faith. That's when miracles start happening. When you reach that place of faith-filled hope, you are now in a position to come out of tribulation and receive the answer to your prayers. But it will be difficult to get there unless you take those first steps of worship, patience, and experience.

So the next time you find yourself in the midst of tribulation, remember to take these four steps to victory. As you faithfully put these steps into practice, the day will come when your miracle will become your present reality and your problems a mere memory of the past!

Chapter 4

Present-Day Speaking

For the Lord would say, When I bless you and pick you up into a heavenly place with Me, you are to hear what My Word would say. Separate yourself from the world and sanctify yourself in My Presence. Worship and glorify Me that I may continue to live and move in your life.

When I bless you, come before Me and sustain yourself, lest the enemy come and take advantage of you and you become “puffed up.” Believe Me and believe what My Word says in times of great victory and in times of great trial; for nothing else will strengthen your walk as My Word will in the power of My Spirit.

At all times, worship Me. At ALL times—in strong times, in weak times. For I desire this kind of fellowship with you on a daily basis. And I will order your life and strengthen you on each side of the path.

As the path grows narrower and narrower, the enemy gathers armies on each side, waiting for his chance when you come by. But when you walk by him worshiping Me, he is stilled. He cannot get upon your back and ride you down the road on which I am leading you.

So surrender yourself to Me, for you must accomplish these things. I drop them upon you by My grace, but they must be accomplished in you in times of testings and trials. Have I not told you that I am the Lord your God who changes not? And do you think

that the circumstances which rage on this planet have anything to do with what I say? For those who lift themselves up to believe Me and the Spirit of Truth, they live in another realm, says the Lord.

From Tribulation to Triumph!

Do you know what to do when you find yourself in the midst of tribulation? In *Four Steps Out of Tribulation*, Dave Roberson outlines four scriptural steps you can take when problems—sickness, financial pressure, and so on—arise in your life that seem to be out of control.

Don't resign yourself to defeat just because your situation looks impossible. You're just four steps away from victory!

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