John 16:33 (NKJ) “...In this world you will have tribulation; but be of good cheer, I have overcome the world.”

Tribulation

Pressure
  Oppression
  Stress
  Anguish
  Adversity
  Affliction
  Crushing
  Squashing
  Squeezing
  Distress

Psalm 91:1-2 (NKJ) He who dwells in the secret place of the Most High shall abide under the shadow of the Almighty. I will say of the Lord, “He is my refuge and my fortress; My God, in Him I will trust.”

A place of safety

1. Believe the truth

Psalm 91:4 (NKJ) His truth shall be your shield and buckler.

It is only lies that can take us captive.

Psalm 27:5 (NKJ) “...in the time of trouble He shall hide me in His pavilion, in the secret place of His tabernacle He shall hide me...”

The true you and me and hidden in God.

2. Choose love over fear

2 Timothy 1:7 (NKJ) For God has not given us a spirit of fear, but of power and of love and of a sound mind.

For God has not given us a spirit of fear, but gives us the power to choose love, which will lead to a sound mind.
3. Trust Him

Romans 8:38&39 (AMP)  For I am persuaded beyond doubt (am sure) that neither death nor life, nor angels nor principalities, nor things impending and threatening nor things to come, nor powers, nor height nor depth, nor anything else in all creation will be able to separate us from the love of God which is in Christ Jesus our Lord.

John 10:9 I am the door. If anyone enters by me, he will be saved and will go in and out and find pasture.

God’s comfort

Matthew 5:4 (NKJ) Blessed are those who mourn, for they shall be comforted.
Blessed and enviably happy [with a happiness produced by the experience of God’s favour and especially conditioned by the revelation of His matchless grace] are those who mourn, for they shall be comforted!

Psalm 23:4 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.

2 Corinthians 1:3&4 Blessed be the God and Father of our Lord Jesus Christ, the Father of mercies and God of all comfort, who comforts us in all our tribulation, that we may be able to comfort those who are in any trouble, with the comfort with which we ourselves are comforted by God.

Song: Beautiful things

All this pain
I wonder if I’ll ever find my way
I wonder if my life could really change at all
All this earth
Could all that is lost ever be found
Could a garden come up from this ground at all
You make beautiful things
You make beautiful things out of the dust
You make beautiful things
You make beautiful things out of us
All around
Hope is springing up from this old ground
Out of chaos life is being found in You
You make me new
You are making me new