

**Trusting God Through These Hard and Difficult Times**

**Luke 1:37**

“For nothing will be impossible with God.”

**Reflection:**

Often when we think of trusting God, we think of trusting Him for things we need or want—financial provision, physical healing, the restoration of a relationship, or a promotion at work. The truth is, God also wants us to trust Him through the situations we face in our life. Because nothing is impossible with God. God has our backs.

We can learn to not only look to God for the results we desire—we can learn to trust Him through the process of attaining them. Whatever situation you are in, remember that you’re not alone and something good will come out of it. God is not only our Deliverer, He is also our healer, strengthener and helper! Ask Him to give you the strength and courage you need to go through all situations.

Have you ever noticed that being upset about your problems never changes them? A bad attitude is like a flat tire. If you don’t change it, you won’t go anywhere. Life does get difficult at times but we can learn how to navigate those times successfully without losing our faith, peace and joy. The thoughts we allow into our minds, and the attitude we choose to have, are the determining factors.

In Psalm 30:5 says, Weeping may tarry for the night, but joy comes
in the morning. And a favorite saying we all say is “This too shall pass.” It is more difficult to think and speak positively during challenging times of our life, but it is helpful to remember that good always follows.

When our circumstances are hard, that’s when it’s really important to keep our mind set on the promises of God’s Word. In Romans 8:35-39 tells us that in the midst of difficulty that no matter how difficult life is, God still loves us and God is with us. He also promises to never allow more to come on us than we can bear and to look to Jesus for help.

During these tough times, it’s easy to think, I can’t do this; it is just too much; it is too hard. Watch out for that type of thinking and when you recognize it, rebuke it, it is a lie and the devil is getting in your way of thinking. Replace it with a God-inspired thought like, “I can do what I need to do because God is with me”.

**Let Prayer for Strength and Faith**

Heavenly Father, strengthen our hearts, and remind us to encourage one another when the troubles of life start to overwhelm us. Guard our hearts from depression. Give us the strength to rise up each day and fight against the struggles, which seek to weigh us down. In Jesus name we pray Amen.

**Meditate:**

- What are some ways that you can model Jesus in your own situation?