



## What to do When Life Hurts

### Description

Peace I leave with you; My [perfect] peace I give to you; not as the world gives do I give to you. Do not let your heart be troubled, nor let it be afraid. [Let My perfect peace calm you in every circumstance and give you courage and strength for every challenge.] (John 14:27, AMP)

This morning I was meditating on a verse, reflecting on God's faithfulness. The following verse has brought me comfort in a very difficult time right now.

**O Lord, You are my God; I will exalt You, I will praise and give thanks to Your name; For You have done miraculous things, Plans formed long, long ago, [fulfilled] with perfect faithfulness. (Isaiah 25:1, AMP)**

When life rocks your world with news that can seem earth shattering. How do we face these trials head on and walk through the flames? The answer is found in God's Word.

**I have told you these things, so that in Me you may have [perfect] peace. In the world you have tribulation and distress and suffering, but be courageous [be confident, be undaunted, be filled with joy]; I have overcome the world." [My conquest is accomplished, My victory abiding.] (John 16:33, AMP)**

It's a guarantee that we will face trials of many kinds while we live out our lives on this earth. They come in all shapes and sizes sometimes rocking us to the core. But if we turn our eyes to Jesus and look to the promises we have in God's Word, we are assured that none of this is in vain. God has the final victory! We can overcome the temporary trials of this world by keeping our eyes fixed on the Author and Perfecter of our faith (Hebrews 12:2). In God alone, we can find a perfect peace that surpasses all understanding (Philippians 4:7).

My eyes have been looking at the circumstances of losing my brother-in-law to cancer, my heart has been weighed down by the burden of this painful situation, but as I read God's Word I'm reminded I

don't have to carry this. I'm not strong enough to carry this. I need to bring it to the cross, entrust it to my Father, and believe that He will be faithful through this all. He has a perfect plan and nothing can thwart it.

So I'm turning over the burden of this to the One who died for me, the One who knows me inside out, the One who never steps of the throne, and the One who cares more intimately about every detail of this than I ever could. I hand it all over to Jesus!

**Consider it nothing but joy, my brothers and sisters, whenever you fall into various trials. Be assured that the testing of your faith [through experience] produces endurance [leading to spiritual maturity, and inner peace]. And let endurance have its perfect result and do a thorough work, so that you may be perfect and completely developed [in your faith], lacking in nothing. (James 1:2-4, AMP)**

What have you been holding back lately? What burdens have you been carrying? When life hurts, it's time to run to the Father. Not time to hide out or isolate. It's time to carry our burdens to the foot of the cross and leave them in the only place that is strong enough to bear the weight of them.

*Lord, please use every pain from this trial and every tear that I have shed to somehow develop my character in You. I pray that my faith muscles will be stretched and strengthened as I rely on Your Truth to guide me through this. Lord, You alone are worthy of my praise. This is far from a joyful time, but I can have joy in the midst of it knowing that You are still on the throne and You are forever faithful!*

My Heart is in Your Hands,

### Category

1. Following Jesus

### Tags

1. Faith
2. Peace
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