

Trusting God Through Tough Life Turns

When my life took a sudden turn off of my life plan, I had a decision to make. Was I going to trust God with the way He was allowing things to go or was I going to go my own way? With God's help, I was able to stay faithful through the darkest days. Using these tips, so can you!

- 1. Base Your Feelings On God's Word - Not How You Feel.** During some of my darkest days I felt worthless, unloved, and that there was no way I could make it through the day. Whenever these feelings would become almost unbearable, I would take out my Bible and read passages that reminded me of God's Truth: that I was fearfully and wonderfully made, and that I would be guided through my day by the Creator of the Universe. Feelings are fleeting and deceptive, but God's Truth and His plan for you are eternal.
- 2. Review God's Promises.** I realized that even at my lowest point, there was not one single promise in God's Word that He had not fulfilled to me. I could have started at Genesis and ended at Revelation and everything that was stated in His Word was still truth in my life. Frequently reviewing them will help you keep God's Promises as your perspective, and not your current circumstances.
- 3. Ask For Outside Prayer.** I know that I did not make it through the tough times based on my prayers alone. I had several people in my life who were faithful to pray for me even when they did not know all the specifics of my situation. Don't be afraid to reach out and ask others to pray for you.
- 4. Keep In Contact With Friends Who Will Keep You Accountable.** During the toughest trial that I had, I surrounded myself with friends who I knew would keep me accountable. They would cry with me when I needed someone to cry with, and they were also the first ones to let me know I needed to quit whining and realize that God was still in control. Having friends who will be honest and walk with you helps you keep the right perspective.
- 5. Stay (or Get) Involved Serving Others.** During a particularly difficult time in my life turn (that left me feeling exceptionally sorry for myself), I just "happened" to be in charge of a service project for a single mother with triplets. By the end of the project, my focus was on her struggles and I realized that I didn't have it nearly as bad as I thought I did! When you serve others, it helps you keep your eyes off of yourself and your situation.
- 6. Keep God's Perspective.** People tend to look at things in our lives as good or bad, bringing joy or pain. However, God view is this: will it bring you closer to Him or keep you from Him? Knowing that the pain was growing me closer to God during my tough life turn made it easier for me to persevere. On your difficult road, try to view each trial as growing you toward Him.

