

God Is in Your Pain

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I have been greatly perplexed lately, in need of a 6-figure financial miracle. I had no idea of any possible source of that amount of money. It all came crashing down on me last weekend when I realized that the deadline for the money was quickly approaching. I couldn't sleep well and woke up with a bad headache.

As a distraction to my turmoil, I decided to clean out the drawers in my computer desk. As I pulled opened the first drawer, my eye caught a small red booklet with the inscription, "Keep Calm and Trust God." The words seemed to jump off the page. I was in awe. Where did this booklet come from? Why am I just seeing it? What are the odds that I find it today when I really needed the message it conveys?

That tiny booklet may have been there for many weeks and possibly months, but just as I needed to see it God highlighted and used it to speak to my heart. God will use any means possible to get His message across to you, because He loves you ever so passionately.

God is in the pain you are experiencing. The Bible tells God's people that in all their affliction, He was afflicted (see Isaiah 63:9). Never think for a minute that you are alone in what you are facing. Jesus is always with you. He is the silent listener to every prayer. He collects the tears of His saints into a bottle (see Psalm 56:8). "For we do not have a High Priest who cannot sympathize with our weaknesses..." (Heb 4:15).

That little red book encouraged me to: Keep Calm and Trust God. Does this sound a little too simple for your situation?

You may be going through the harsh reality of divorce. Perhaps the doctor has given negative health news to you. Maybe you have a child that could be facing jail time, if convicted. You may be crushed by news of a family member's choice to live an alternative lifestyle. Perhaps, like me, you have a financial challenge. Trouble finds us all. It's an equal opportunity stalker.

When trouble hits, relax, calm down, and consider the answers to these questions:

1. How can worry help my situation?
Worry can never help. Worry leads to fear, fear escorts us to anxiety, and anxiety releases a high stress hormone that is detrimental to your physical wellbeing. The Apostle Paul understood this: Be anxious for nothing, "he say" but in everything by prayer and supplication, with thanksgiving let your request be made known to God. And the peace of God, which surpasses all

Understanding will guard your hearts and minds through Christ Jesus” (Phil 4:6-7).

Corrie Ten Boom, prisoner of a German death camp understood how to live in what appeared to be a hopeless situation said: “Worry does not empty tomorrow of its sorrow, it empty today of it’s strength”

2. Is it possible to hear God’s voice in the midst of my anxiety?
You could be an idea away from your breakthrough, but that idea may elude you while you remain fret. Have you ever searched frantically for a key or other necessary item and someone behind you points at it right in front of you? This happens because you were so frantic in your mind, your eyes glazed over it. God has been itching to give you a solution to your problem. You must calm down long enough to hear His voice.

3. But can God really be trusted?
If I were to release my worries in the hands of the Lord I want to know He will not let me down, if this is your fear I challenge you to look back through times past when you have struggled. How far has God brought you through until now? From what kinds of problems has he delivered you? How has He sustained your health? How many times have you blundered and He pulled you up, unscathed? While it is true, you may have bumps, bruises, debt or circumstances that may remind you of your problems long term, you are still a living proof of His goodness...you are alive! Your situations shall pass, no matter how bad it looks.

Keep Calm and Trust God

He is faithful!