

How Do We Get Through Trials?

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Christians are faced with many different types of trials. There are trials related to sickness, disease, persecution, lack of monetary funds, and many other tribulations that we can pass through in life. There are personal trials, family-related trials, the loss of a loved one, and trials related to our job. What trials have you been passing through? The Bible reminds us that we can claim the wonderful promises of God during the season of our trial. The book of 2 Corinthians 4:8-9 gives us these wonderful promises to claim during difficult and hard times. “*We are* troubled on every side, yet not distressed; *we are* perplexed, but not in despair; Persecuted, but not forsaken; cast down, but not destroyed.”

First, although we face all kind of troubles, we don't have to become stressed out in life (“yet not distressed”). We all experience suffering and troubles in life and yet we are given the promise that God's strengthening and enabling grace can keep us from being overcome with debilitating stress. Paul said in 2 Corinthians 12:9, “My grace is sufficient for thee.” In short, we do not have to allow ourselves to become squashed in life by stress. Proverbs 17:22 says, “A merry heart doeth good *like* a medicine: but a broken spirit drieth the bones.”

Second, although we might become perplexed in life, we don't have to be overcome by despair (“but not in despair”) This means to be utterly at loss, despondent, overcome with anxiety and fear, and renounce all hope. There is always hope for the true Christian. We are to be people of hope – not people who are overcome by fear and anxiety. We have the hope that is related to God's peace, joy, and the promise of Heaven itself. In spite of trials, we always have hope, both in this life and the life to come. We might be perplexed or bewildered at times, but we do not have to become befuddled and lose all hope.

Third, although we sometimes pass through persecution for being a Christian, we can also claim God's promise that He will never leave us (“but not forsaken”). God gives us this promise in Hebrews 13:5: “I will never leave

thee, nor forsake thee.” Psalm 27:10 says: “When my father and my mother forsake me, then the Lord will take me up.” Yes, even when we are facing a family crisis, God will be with us, take care of us, and see us through.

Finally, there are times we might feel “cast down” or come to a very low point in life, weighted down, and extremely burdened. However, the promise is given that we don’t have to be “destroyed” which means to come to our end and be utterly ruined and wrecked spiritually.

This promise is teaching us that although we pass through the ringer (the extremely tough times and low times in life), God’s grace and mercies which are new every morning (Lamentations 3:22-23) will not allow our faith in God to dry up and our spiritual life to be defeated. In short, we don’t have to pass through a nervous breakdown! Do you know why? It’s because God’s power is greater than our problems and trials. Philippians 3:10 says, “That I may know him, and the power of his resurrection.” There are times we get knocked down (cast down), but we don’t have to be knocked out (destroyed).

You may be knocked down right now. If this is the case, get back up! You have the Creator of the universe to energize, encourage, and excite you again. Don't make excuses and look for reasons why you cannot pass through your trial, obey the Lord, or do His will. Instead, look for a way to fulfill and pass through God’s purpose for your life. Claim these wonderful promises of God and live every day with His grace, hope, spiritual enrichment, satisfaction, peace, and joy. God gives us strength for today and bright hope for tomorrow!

“Standing on the promises that cannot fail,
When the howling storms of doubt and fear assail,
By the living Word of God I shall prevail,
Standing on the promises of God.”