



# ENCOURAGE FORWARD

## Walking Through a Hard Season

You probably picked this up because you or someone you know is walking through a hard season. Life can be very hard. We hope the following thoughts and resources will encourage you.

### A Few Thoughts for Those Hurting

#### **You are loved.**

“For I am convinced that neither death, nor life, nor angels, nor principalities, nor things present, nor things to come, nor powers, nor height, nor depth, nor any other created thing, will be able to separate us from the love of God, which is in Christ Jesus our Lord.”

Romans 8:38–39

#### **When you don’t know what to pray, pray Scripture.**

“But You, O LORD, are a shield about me, my glory and the One who lifts up my head.” Psalm 3:3

“Lead me in Your truth and teach me, for You are the God of my salvation; on You I wait all the day.” Psalm 25:5

“But as for me, I trust in You, O LORD; I say, ‘You are my God.’” Psalm 31:14

“When my heart is overwhelmed; lead me to the rock that is higher than I.” Psalm 61:2 NKJV

“Heal me, O LORD, and I shall be healed; save me, and I shall be saved, for you are my praise.” Jeremiah 17:14

“Your ears will hear a word behind you, saying, ‘This is the way, walk in it,’ whenever you turn to the right or to the left.” Isaiah 30:21

#### **Give yourself permission to grieve.**

Many were raised hearing a mantra like, “Pick yourself up, dust yourself off, and get back to it.” Although perseverance is necessary, so is time to heal. Life (and your walk with Christ) is a marathon, not a sprint. Give yourself permission to heal.

“I have told you these things so that in me you may have peace. You will have suffering in this world. Be courageous! I have conquered the world.”

John 16:33 CSB

#### **Commit to not turn your back on God.**

In hard seasons, we must reconcile our definition of good with God’s true, sovereign goodness. Those don’t seem to match up when things are difficult, but God’s Word says He is for us, not against us. We often can’t understand why hard things happen because we can’t see the whole picture. But with the same faith that allows us to be saved, we must trust that God uses hard things for good.

“And we know that God causes all things to work together for good to those who love God, to those who are called according to His purpose.” Romans 8:28

“If God is for us, who is against us?” Romans 8:31

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## Book Resources

***It's Not Supposed To Be This Way: Finding Unexpected Strength When Disappointments Leave You Shattered***

by Lysa TerKeurst

***Suffering: Gospel Hope When Life Doesn't Make Sense***

by Paul David Tripp

***Walking with God Through Pain and Suffering***

by Timothy Keller

***You'll Get Through This: Hope and Help for Your Turbulent Times***

by Max Lucado

***If God Is Good: Faith in the Midst of Suffering and Evil***

by Randy Alcorn

***When Your World Falls Apart: Seeing Past the Pain of the Present***

by Dr. David Jeremiah

***Unshakeable Hope: Building Our Lives on the Promises of God***

by Max Lucado

***When God Doesn't Make Sense***

by Dr. James Dobson

***Facing Your Giants: God Still Does the Impossible***

by Max Lucado

***Seeing Beautiful Again: 50 Devotions To Find Redemption in Every Part of Your Story (Women's Devotional)***

by Lysa TerKeurst

## Digital Resources

**"Why Do We Face Hard Times?"—*The Authentic Christian* Podcast Episode**

**"Trusting God When Times Are Hard" Parts 1 and 2—*Focus on the Family Broadcast* Episodes**

**"Bob Goff on Loving Difficult People"—*Praise* Episode Hosted by Matt and Laurie Crouch**

**"Priscilla Shirer: Walking Through Pain with the Lord | Better Together TV" (Video Available on YouTube)**

**"Priscilla Shirer: He Will Redeem Your Suffering | FULL EPISODE | Better Together TV" (Video Available on YouTube)**

**"How To Get Through Hard Seasons with Lisa Harper" (Video Available on YouTube)**

**"When Everything Falls Apart... | Lisa Harper" (Video Available on YouTube)**



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