



*Life lessons & laughter.*



## Truths to Claim When It's More Than You Can Handle

When troubles pile up and life is more than you can handle, replace these common lies with the Voice of Truth!

### **LIE #1:**

*This trial is going to destroy me and I may lose my faith.*

### **TRUTH:**

Your faith may seem to be fading out of sight...but not out of God's sight. Your faith is not dependent on your holding onto God, but rather on God holding onto *you*, and He is not about to let go! The Christian is safe in Jesus, even when she has lost sight of her own faith. Furthermore, Jesus declares that no one can snatch you out of His hand (John 10:28).

Take heart in the following verses:

"God, who has called you into fellowship with His Son, Jesus Christ our Lord, is faithful" (1 Corinthians 1:9).

"He who began a good work in you will bring it to completion at the day of Jesus Christ" (Philippians 1:6).

### **LIE #2:**

*God must be getting back at me for some past sin.*

### **TRUTH:**

God is not getting back at you; rather, He's getting you back to Him! Yes, God hates sin, so much so that He put all of your sins and mine on Jesus, and then punished Him. The full extent of God's wrath was extinguished on His Son. Just before Jesus died, He said, "It is finished". God is finished dealing with the sin of those who fully trust in His Son's work on the cross. "For I will forgive their wickedness and will remember their sins no more." (Hebrews 8:12)

God's forgiveness, however, rarely removes the natural consequences of our sins. If you cross a busy street without looking both ways, chances are that you're going to be hit by a car! Is God angry with you? No. You just experienced

the consequences of not looking both ways before crossing a busy street. Don't make the mistake of assigning God's anger to natural consequences, because Jesus absorbed God's anger for you, once and for all.

**LIE #3:**

*I could handle my problem better if I saw some good coming out of it, but there is no purpose in this trial.*

**TRUTH:**

Mysteriously, these troubles that may seem pointless in the moment are anything but that. They are actually producing for you, as Paul's troubles did for him, an eternal weight of glory far beyond all comparison.

2 Corinthians 4:17: "For our light and momentary troubles are achieving for us an eternal glory that far outweighs them all. So we fix our eyes not on what is seen, but on what is unseen. For what is seen is temporary, but what is unseen is eternal." When Paul refers to his troubles as "momentary and light", he does not mean they are easy troubles. He means that they are nothing compared to the glory that is coming!

Romans 8:18: "I consider that the sufferings of this present time are not worthy to be compared to the glory to be revealed to us."

The Bible tells us that God holds our tears in a bottle (Psalm 56). In other words, He never takes our tears lightly; not one moment of patient pain is wasted. He is using our sorrows for a glorious eternal future.

**LIE #4:**

*I'll be a hypocrite if I praise God without true joy or feeling like it.*

**TRUTH:**

You will not be a hypocrite. Would you be a hypocrite if you did something kind today, when you weren't feeling kind? No.

God calls you to "rejoice in the Lord always" (Philippians 4:4). He added the word "always" because He knew that you and I would interpret the verse "whenever you feel like it". I don't know exactly what you're facing, but I have experienced seasons of great sorrow, so please know that I say this very gently and not flippantly: it is your calling to praise Him. Now. In the pit. The powers of darkness are most confounded when the Christian looks up from the ash heap and praises God in the midst of circumstances she does not necessarily understand. If you confess to God that you don't have thankful feelings while you suffer and ask Him earnestly to help you with those feelings as you praise Him, you are not being a hypocrite. You are being a true Christian, much like the Centurion who cried, "Lord, I do believe...help my unbelief!"

**LIE #5:**

*God can't use me until my suffering is over.*

**TRUTH:**

It is often in observing a Christian who is glorifying God in her suffering that our faith is strengthened most. Wouldn't it be incredible to read in tomorrow's paper that Joni Eareckson Tada was miraculously healed of her paralysis? There is no doubt that God could do it! However, for His mysterious reasons He has chosen to glorify Himself through Joni's unchanging suffering and her response to it. And millions of hearts and lives have been touched through her humble reliance and obedience to His call on her life.

Your greatest witness on earth may be the manner in which you respond to your suffering. May God use you for His sparkling diamond purposes against the black velvet backdrop of your suffering!

Through messages spiced with music, life lessons and laughter, Connie Carey delights in helping others recognize and walk free of joy-stealing lies. As a speaker and writer, Connie has helped thousands gain fresh, new insight into their lives. For more information, visit [www.conniecarey.com](http://www.conniecarey.com).

All Scripture references are from the New International Version.