



Hope for Tough Times Bible Verse Reference Sheet

When you feel sad, depressed or frustrated by the bad things that happen in life, where can you go for help? There is hope! The Bible offers real answers to tough questions about the difficulties we face in our lives.

HOW TO GET THE MOST OUT OF THIS STUDY

1. Read this booklet and keep it handy.
2. Use these Scripture verses as you pray.
3. Underline/flag these verses in your Bible.
4. Give a copy of this booklet to a friend!

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A. Why is This Happening?

1. *Hard Times Are Part of Being Human.*

"Man that is born of a woman is of few days, and full of trouble." (Job 14:1)

2. *Bad Things Happen to Both Good and Evil People.*

"That ye may be the children of your Father which is in heaven: for he maketh his sun to rise on the evil and on the good, and sendeth rain on the just and on the unjust." (Matthew 5:45)

3. *Suffering Helps Those Who Follow Jesus Stay "Salty."*

"For everyone shall be salted with fire, and every sacrifice shall be salted with salt. Salt is good: but if the salt have lost his saltiness, wherewith will ye season it? Have salt in yourselves, and have peace one with another." (Mark 9:49-50)



4. Difficulties Draw Us Closer to Jesus Christ.

"Beloved, think it not strange concerning the fiery trial which is to try you, as though some strange thing happened unto you: But rejoice, inasmuch as ye are partakers of Christ's sufferings; that, when his glory shall be revealed, ye may be glad also with exceeding joy." (I Peter 4:12-13)

5. Problems in Our Lives Can Help Those Around Us See God's Love & Mercy When We're Healed.

"And as Jesus passed by, he saw a man which was blind from his birth. And his disciples asked him, saying, 'Master, who did sin, this man, or his parents, that he was born blind?' Jesus answered, 'Neither hath this man sinned, nor his parents: but that the works of God should be made manifest in him. I must work the works of him that sent me, while it is day: the night cometh, when no man can work. As long as I am in the world, I am the light of the world.' When he had thus spoken, he spat on the ground, and made clay of the spittle, and he anointed the eyes of the blind man with the clay, and said unto him, 'Go, wash in the pool of Siloam,' (which is by interpretation, Sent.) He went his way therefore, and washed, and came seeing. (John 9:1-7; this man's blindness was not caused by anything that he or his parents had done wrong.)

6. Sometimes God Allows Adversity to Encourage Us To Turn Away from Our Sins.

"As many as I love, I rebuke and chasten: be zealous therefore, and repent." (Revelation 3:19; sometimes when we need to be corrected, God will rebuke us.)

"Thou shalt also consider in thine heart, that, as a man chasteneth his son, so the LORD thy God chasteneth thee." (Deuteronomy 8:5)

"Behold, happy is the man whom God correcteth: therefore despise not thou the chastening of the Almighty." (Job 5:17)

"My son, despise not the chastening of the LORD; neither be weary of his correction: For whom the LORD loveth he correcteth; even as a father the son in whom he delighteth." (Proverbs 3:11-12)

"If his children forsake my law, and walk not in my judgments; If they break my statutes, and keep not my commandments; Then will I visit their transgression with the rod, and their iniquity with stripes." (Psalm 89:30-32)

"And after all that is come upon us for our evil deeds, and for our great trespass, seeing that thou our God hast punished us less than our iniquities deserve, and hast given us such deliverance as this." (Ezra 9:13)

7. Sometimes God (as Our Father) Uses Tough Times to Teach Us and Improve Our Character.

"And ye have forgotten the exhortation which speaketh unto you as unto children, My son, despise not thou the chastening of the Lord, nor faint when thou art rebuked of him: For whom the Lord loveth he chasteneth, and scourgeth every son whom he receiveth. If ye endure chastening, God dealeth with you as with sons; for what son is he whom the father chasteneth not? But if ye be without chastisement, whereof all are partakers, then are ye bastards, and not sons. Furthermore we have had fathers of our flesh which corrected us, and we gave them reverence: shall we not much rather be in subjection unto the Father of spirits, and live? For they verily for a few days chastened us after their own pleasure; but he for our profit, that we might be partakers of his holiness. Now no chastening for the present seemeth to be joyous, but grievous: nevertheless afterward it yieldeth the peaceable fruit of righteousness unto them which are exercised thereby." (Hebrews 12:5-11)



8. Sometimes Hard Times Come Because We've Strayed Away from God and Need to Return "Home."

"And he said, A certain man had two sons: And the younger of them said to his father, Father, give me the portion of goods that falleth to me. And he divided unto them his living. And not many days after the younger son gathered all together, and took his journey into a far country, and there wasted his substance with riotous living. And when he had spent all, there arose a mighty famine in that land; and he began to be in want. And he went and joined himself to a citizen of that country; and he sent him into his fields to feed swine. And he would fain have filled his belly with the husks that the swine did eat: and no man gave unto him. And when he came to himself, he said, How many hired servants of my father's have bread enough and to spare, and I perish with hunger! I will arise and go to my father, and will say unto him, Father, I have sinned against heaven, and before thee, And am no more worthy to be called thy son: make me as one of thy hired servants. And he arose, and came to his father. But when he was yet a great way off, his father saw him, and had compassion, and ran, and fell on his neck, and kissed him. And the son said unto him, Father, I have sinned against heaven, and in thy sight, and am no more worthy to be called thy son. But the father said to his servants, Bring forth the best robe, and put it on him; and put a ring on his hand, and shoes on his feet: And bring hither the fatted calf, and kill it; and let us eat, and be merry: For this my son was dead, and is alive again; he was lost, and is found. And they began to be merry." (A parable by Jesus in Luke 15:11-24)

9. Sometimes God Allows "Thorns in the Flesh" so We Won't Get Too Puffed Up with Pride.

"And lest I should be exalted above measure through the abundance of the revelations, there was given to me a thorn in the flesh, the messenger of Satan to buffet me, lest I should be exalted above measure. For this thing I besought the Lord thrice, that it might depart from me. And he said unto me, My grace is sufficient for thee: for my strength is made perfect in weakness. Most gladly therefore will I rather glory in my infirmities, that the power of Christ may rest upon me. Therefore I take pleasure in infirmities, in reproaches, in necessities, in persecutions, in distresses for Christ's sake: for when I am weak, then am I strong." (The Apostle Paul in 2 Corinthians 12:7-10)

10. We Should Realize that God Doesn't Owe Us an Answer to the Question 'Why?' but We Should Trust and Love Him Anyway.

A Cautionary Tale from the Book of Job: Avoid Questioning God's Judgment During Tough Times:
"Moreover the LORD answered Job, and said, 'Shall he that contendeth with the Almighty instruct him? He that reproveth God, let him answer it.' Then Job answered the LORD, and said, 'Behold, I am vile; what shall I answer thee? I will lay mine hand upon my mouth. Once have I spoken; but I will not answer: yea, twice; but I will proceed no further. Then answered the LORD unto Job out of the whirlwind, and said, 'Gird up thy loins now like a man: I will demand of thee, and declare thou unto me. Wilt thou also disannul my judgment? Wilt thou condemn me, that thou mayest be righteous? Hast thou an arm like God? or canst thou thunder with a voice like him? Deck thyself now with majesty and excellency; and array thyself with glory and beauty.' Then Job answered the LORD, and said, 'I know that thou canst do every thing, and that no thought can be withheld from thee. Who is he that hideth counsel without knowledge? Therefore have I uttered that I understood not; things too wonderful for me, which I knew not. Hear, I beseech thee, and I will speak: I will demand of thee, and declare thou unto me. I have heard of thee by the hearing of the ear: but now mine eye seeth thee. Wherefore I abhor myself, and repent in dust and ashes.' So the LORD blessed the latter end of Job more than his beginning: for he had fourteen thousand sheep, and six thousand camels, and a thousand yoke of oxen, and a thousand she-[donkeys]. (Job 40:1-10; 42:1-6, 12)

B. Who Will Help Me?

"My help cometh from the LORD, which made heaven and earth." (Psalm 121:2)

"Hast thou not known? hast thou not heard, that the everlasting God, the LORD, the Creator of the ends of the earth, fainteth not, neither is weary? there is no searching of his understanding. He giveth power to the faint; and to them that have no might he increaseth strength. Even the youths shall faint and be weary, and the young men shall utterly fall: But they that wait upon the LORD shall renew their strength; they shall mount up with wings as eagles; they shall run, and not be weary; and they shall walk, and not faint." (Isaiah 40:28-31)

"Give us help from trouble: for vain is the help of man." (Psalm 108:12)

"The LORD also will be a refuge for the oppressed, a refuge in times of trouble. And they that know thy name will put their trust in thee: for thou, LORD, hast not forsaken them that seek thee." (Psalm 9:9-10)

"Preserve me, O God: for in thee do I put my trust." (Psalm 16:1)

"The LORD is good, a stronghold in the day of trouble; and he knoweth them that trust in him." (Nahum 1:7)

"Truly my soul waiteth upon God: from him cometh my salvation. He only is my rock and my salvation; he is my defense; I shall not be greatly moved." (Psalm 62:1-2)

"For the LORD God is a sun and shield: the LORD will give grace and glory: no good thing will he withhold from them that walk uprightly." (Psalm 84:11)

C. What Should I Do About It?

1. Surrender Your Problems to God.

"Come unto me, all ye that labor and are heavy laden, and I will give you rest. Take my yoke upon you, and learn of me; for I am meek and lowly in heart: and ye shall find rest unto your souls." (Jesus in Matthew 11:28-29)

"Casting all your care upon him; for he careth for you." (1 Peter 5:7)

"Cast thy burden upon the LORD, and he shall sustain thee: he shall never suffer the righteous to be moved." (Psalm 55:22)

2. Don't Worry. Pray Instead!

"Be worried about nothing; but in every thing by prayer and supplication with thanksgiving let your requests be made known unto God. And the peace of God, which surpasses all understanding, shall keep your hearts and minds through Christ Jesus." (Philippians 4:6-7)

"Fear thou not; for I am with thee: be not dismayed; for I am thy God: I will strengthen thee; yea, I will help thee; yea, I will uphold thee with the right hand of my righteousness." (Isaiah 41:10)

"Is any among you afflicted? Let him pray. Is any merry? Let him sing psalms." (James 5:13)



3. Wait for God's Timing. Be Patient.

"Wait on the LORD: be of good courage, and he shall strengthen thine heart: wait, I say, on the LORD."
(Psalm 27:14)

"My soul, wait thou only upon God; for my expectation is from him. He only is my rock and my salvation: he is my defense; I shall not be moved. In God is my salvation and my glory: the rock of my strength, and my refuge, is in God. Trust in him at all times; ye people, pour out your heart before him: God is a refuge for us. Selah." (Psalm 62:5-8)

4. Believe! Have Faith in God through Jesus Christ.

"Let not your heart be troubled: ye believe in God, believe also in me." (Jesus in John 14:1)

5. Hang onto Your Courage and Hope.

"Be of good courage, and he shall strengthen your heart, all ye that hope in the LORD." (Psalm 31:25)

"Why art thou cast down, O my soul? And why art thou disquieted within me? Hope thou in God: for I shall yet praise him, who is the health of my countenance, and my God." (Psalm 42:11)

6. Keep an Eye Out for Spiritual Warfare.

"Be sober, be vigilant; because your adversary the devil, as a roaring lion, walketh about, seeking whom he may devour: Whom resist steadfast in the faith, knowing that the same afflictions are accomplished in your brethren that are in the world." (1 Peter 5:8-9)

7. Rejoice in Hope, Knowing that Good Will Come.

"Rejoicing in hope; patient in tribulation; continuing instant in prayer." (Romans 12:12)

8. Help Others in Need.

"Blessed is he that considereth the poor: the LORD will deliver him in time of trouble. The LORD will preserve him, and keep him alive; and he shall be blessed upon the earth: and thou wilt not deliver him unto the will of his enemies. The LORD will strengthen him upon the bed of languishing: thou wilt make all his bed in his sickness." (Psalm 41:1-3)

9. Seek God and Be Obedient to Him.

"But if from thence thou shalt seek the LORD thy God, thou shalt find him, if thou seek him with all thy heart and with all thy soul. When thou art in tribulation, and all these things are come upon thee, even in the latter days, if thou turn to the LORD thy God, and shalt be obedient unto his voice; (For the LORD thy God is a merciful God;) he will not forsake thee, neither destroy thee, nor forget the covenant of thy fathers which he swore unto them." (Deuteronomy 4:29-31)

D. Will Anything Good Come from This?

1. Our Hard Times Will Help Us Develop Patience, Experience and Hope.

"And not only so, but we glory in tribulations also: knowing that tribulation worketh patience; And patience, experience; and experience, hope." (Romans 5:3-4)

"My brethren, count it all joy when ye fall into divers temptations; Knowing this, that the trying of your faith worketh patience. But let patience have her perfect work, that ye may be perfect and entire, wanting nothing." (James 1:2-4)

2. If We're Sad Now, We'll Soon Have Joy.

"They that sow in tears shall reap in joy. He that goeth forth and weepeth, bearing precious seed, shall doubtless come again with rejoicing, bringing his sheaves with him." (Psalm 125:5-6)

3. We Have the Honor of Sharing Christ's Sufferings.

"But rejoice, inasmuch as ye are partakers of Christ's sufferings; that, when his glory shall be revealed, ye may be glad also with exceeding joy. If ye be reproached for the name of Christ, happy are ye; for the Spirit of glory and of God resteth upon you: on their part he is evil spoken of, but on your part he is glorified." (1 Peter 4:13-14)

4. We'll Be Better Prepared to Enter the Kingdom of Heaven.

"Confirming the souls of the disciples, and exhorting them to continue in the faith, and that we must through much tribulation enter into the kingdom of God." (Acts 14:22)

"For which cause we faint not; but though our outward man perish, yet the inward man is renewed day by day. For our light affliction, which is but for a moment, worketh for us a far more exceeding and eternal weight of glory; While we look not at the things which are seen, but at the things which are not seen: for the things which are seen are temporal; but the things which are not seen are eternal." (2 Corinthians 4:16-18)

5. Our Character (Heart) Will Be Improved.

"Sorrow is better than laughter: for by the sadness of the countenance the heart is made better." (Ecclesiastes 7:3)

6. We Will Be Blessed by God and Receive Comfort.

"Blessed are they that mourn: for they shall be comforted." (Matthew 5:4)

7. We Will Be Better Able to Comfort Others.

"Blessed be God, even the Father of our Lord Jesus Christ, the Father of mercies, and the God of all comfort; Who comforteth us in all our tribulation, that we may be able to comfort them which are in any trouble, by the comfort wherewith we ourselves are comforted of God." (2 Corinthians 1:3-4)



8. We Will Receive Rewards in Heaven.

"Blessed is the man that endureth temptation: for when he is tried, he shall receive the crown of life, which the Lord hath promised to them that love him. Let no man say when he is tempted, I am tempted of God: for God cannot be tempted with evil, neither tempteth he any man: But every man is tempted, when he is drawn away of his own lust, and enticed." (James 1:12-14)

"Blessed are they which are persecuted for righteousness' sake: for theirs is the kingdom of heaven. Blessed are ye, when men shall revile you, and persecute you, and shall say all manner of evil against you falsely, for my sake. Rejoice, and be exceeding glad: for great is your reward in heaven: for so persecuted they the prophets which were before you." (Jesus at the Sermon on the Mount, Matthew 5:10-12)

"But he knoweth the way that I take: when he hath tried me, I shall come forth as gold." (Job 23:10)

E. I'm So Scared!

"Be not afraid of sudden fear, neither of the desolation of the wicked, when it cometh. For the LORD shall be thy confidence, and shall keep thy foot from being taken." (Proverbs 3:25-26)

"For ye have not received the spirit of bondage again to fear; but ye have received the Spirit of adoption, whereby we cry, Abba, Father." (Romans 8:15)

"In God have I put my trust: I will not be afraid what man can do unto me." (Psalm 56:11)

"The LORD is my light and my salvation; whom shall I fear? The LORD is the strength of my life; of whom shall I be afraid?" (Psalm 27:1)

F. How Long Will This Last?

"For the needy shall not always be forgotten: the expectation of the poor shall not perish forever." (Psalm 9:18)

"For the Lord will not cast off forever: But though he cause grief, yet will he have compassion according to the multitude of his mercies. For he doth not afflict willingly nor grieve the children of men." (Lamentations 3:31-33)

G. Things are so Hard! How Can I Stay Hopeful? Remember that...

1. Your Soul Will Not Be Destroyed Through These Trials.

"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." (2 Corinthians 4:8-9)

2. God Will Not Allow More Tempting and Testing than You Can Handle.

"There hath no temptation taken you but such as is common to man: but God is faithful, who will not suffer you to be tempted above that ye are able; but will with the temptation also make a way to escape, that ye may be able to bear it." (I Corinthians 10:13)



3. If You Believe that Jesus is the Son of God, You Have Overcome the Trials of this World!

"For whatsoever is born of God overcometh the world: and this is the victory that overcometh the world, even our faith. Who is he that overcometh the world, but he that believeth that Jesus is the Son of God?" (I John 5:4-5)

"Ye are of God, little children, and have overcome them: because greater is he that is in you, than he that is in the world." (I John 4:4)

4. Jesus Christ Has Overcome the World and All the Troubles in It.

"These things I have spoken unto you, that in me ye might have peace. In the world ye shall have tribulation: but be of good cheer; I have overcome the world." (John 16:33)

5. Don't Let Troubles Shake You Up. Turn Your Troubles into Joy.

"Save that the Holy Ghost witnesseth in every city, saying that bonds and afflictions abide me. But none of these things move me, neither count I my life dear unto myself, so that I might finish my course with joy, and the ministry, which I have received of the Lord Jesus, to testify the gospel of the grace of God." (The Apostle Paul in Acts 20:23-24)

"They that sow in tears shall reap in joy. He that goeth forth and weepeth, bearing precious seed, shall doubtless come again with rejoicing, bringing his sheaves with him." (Psalm 126:6)

H. Can Anyone Relate to What I'm Going Through? King David Could!

"Have mercy upon me, O LORD; for I am weak: O LORD, heal me; for my bones are vexed. My soul is also sore vexed: but thou, O LORD, how long? Return, O LORD, deliver my soul: oh save me for thy mercies' sake. For in death there is no remembrance of thee: in the grave who shall give thee thanks? I am weary with my groaning; all the night make I my bed to swim; I water my couch with my tears. Mine eye is consumed because of grief; it waxeth old because of all mine enemies. Depart from me, all ye workers of iniquity; for the LORD hath heard the voice of my weeping. The LORD hath heard my supplication; the LORD will receive my prayer." (Psalm 6:2-9)

"Turn thee unto me, and have mercy upon me; for I am desolate and afflicted. The troubles of my heart are enlarged: O bring thou me out of my distresses. Look upon mine affliction and my pain; and forgive all my sins. Consider mine enemies; for they are many; and they hate me with cruel hatred. O keep my soul, and deliver me: let me not be ashamed; for I put my trust in thee. Let integrity and uprightness preserve me; for I wait on thee." (Psalm 25:16-21)

"Hear my cry, O God; attend unto my prayer. From the end of the earth will I cry unto thee, when my heart is overwhelmed: lead me to the rock that is higher than I. For thou hast been a shelter for me, and a strong tower from the enemy." (Psalm 61:1-3)

"Hear me when I call, O God of my righteousness: thou hast enlarged me when I was in distress; have mercy upon me, and hear my prayer. But know that the LORD hath set apart him that is godly for himself: the LORD will hear when I call unto him. I will both lay me down in peace, and sleep: for thou, LORD, only makest me dwell in safety." (Psalm 4:1, 3, 8)

"I have called upon thee, for thou wilt hear me, O God: incline thine ear unto me, and hear my speech. Show thy marvelous lovingkindness, O thou that savest by thy right hand them which put their trust in thee from those that rise up against them. Keep me as the apple of the eye, hide me under the shadow of thy wings." (Psalm 17:6-8)

"In thee, O LORD, do I put my trust; let me never be ashamed: deliver me in thy righteousness. Bow down thine ear to me; deliver me speedily: be thou my strong rock, for a house of defense to save me. For thou art my rock and my fortress; therefore for thy name's sake lead me, and guide me. Pull me out of the net that they have laid privily for me: for thou art my strength. Into thine hand I commit my spirit: thou hast redeemed me, O LORD God of truth. (Psalm 31:1-5)

I. Where Is God When I'm Troubled? Does He Care about What's Happening to Me?

"Fear thou not; for I am with thee: be not dismayed; for I am thy God: I will strengthen thee; yea, I will help thee; yea, I will uphold thee with the right hand of my righteousness." (Isaiah 41:10)

"Are not two sparrows sold for a farthing? and one of them shall not fall on the ground without your Father. But the very hairs of your head are all numbered. Fear ye not therefore, ye are of more value than many sparrows." (Matthew 10:29-31)

"Have not I commanded thee? Be strong and of a good courage; be not afraid, neither be thou dismayed: for the LORD thy God is with thee whithersoever thou goest." (Joshua 1:9)

"When thou passest through the waters, I will be with thee; and through the rivers, they shall not overflow thee: when thou walkest through the fire, thou shalt not be burned; neither shall the flame kindle upon thee." (Isaiah 43:2)

"The LORD is nigh unto all them that call upon him, to all that call upon him in truth. He will fulfill the desire of them that fear him: he also will hear their cry, and will save them. The LORD preserveth all them that love him: but all the wicked will he destroy." (Psalm 145:18-20)

"For we have not a high priest which cannot be touched with the feeling of our infirmities; but was in all points tempted like as we are, yet without sin. Let us therefore come boldly unto the throne of grace, that we may obtain mercy, and find grace to help in time of need." (Hebrews 4:15-16)

"The eyes of the LORD are upon the righteous, and his ears are open unto their cry. The righteous cry, and the LORD heareth, and delivereth them out of all their troubles." (Psalm 34:15, 17)

"For I am persuaded, that neither death, nor life, nor angels, nor principalities, nor powers, nor things present, nor things to come, nor height, nor depth, nor any other creature, shall be able to separate us from the love of God, which is in Christ Jesus our Lord." (Romans 8:38-39)

"The LORD is nigh unto them that are of a broken heart; and saveth such as be of a contrite spirit. Many are the afflictions of the righteous: but the LORD delivereth him out of them all. He keepeth all his bones: not one of them is broken." (Psalm 34:18-20)

"LORD, thou hast heard the desire of the humble: thou wilt prepare their heart, thou wilt cause thine ear to hear." (Psalm 10:17)

"The LORD is my rock, and my fortress, and my deliverer; my God, my strength, in whom I will trust; my buckler, and the horn of my salvation, and my high tower. In my distress I called upon the LORD, and cried unto my God: he heard my voice out of his temple, and my cry came before him, even into his ears." (Psalm 18:2, 6)

"The LORD is in his holy temple, the LORD's throne is in heaven: his eyes behold, his eyelids try, the children of men. The LORD trieth the righteous: but the wicked and him that loveth violence his soul hateth. Upon the wicked he shall rain snares, fire and brimstone, and a horrible tempest: this shall be the portion of their cup. For the righteous LORD loveth righteousness; his countenance doth behold the upright." (Psalm 11:4-7)

"Behold, the eye of the LORD is upon them that fear him, upon them that hope in his mercy; to deliver their soul from death, and to keep them alive in famine. Our soul waiteth for the LORD: he is our help and our shield. For our heart shall rejoice in him, because we have trusted in his holy name. Let thy mercy, O LORD, be upon us, according as we hope in thee." (Psalm 33:18-22)

J. Will God Help Me? How?

"Peace I leave with you, my peace I give unto you: not as the world giveth, give I unto you. Let not your heart be troubled, neither let it be afraid." (John 14:27)

"Though I walk in the midst of trouble, thou wilt revive me: thou shalt stretch forth thine hand against the wrath of mine enemies, and thy right hand shall save me." (Psalm 138:7)

"The angel of the LORD encampeth round about them that fear [the LORD], and delivereth them." (Psalm 34:7)

"I sought the LORD, and he heard me, and delivered me from all my fears." (Psalm 34:4)

"In the day when I cried thou answeredst me, and strengthenedst me with strength in my soul." (Psalm 138:3)

"O LORD my God, I cried unto thee, and thou hast healed me." (Psalm 30:2)

"The LORD upholdeth all that fall, and raiseth up all those that be bowed down." (Psalm 145:14)

"But the salvation of the righteous is of the LORD: he is their strength in the time of trouble. And the LORD shall help them, and deliver them: he shall deliver them from the wicked, and save them, because they trust in him." (Psalm 37:39-40)

"And when [Jesus] was entered into a ship, his disciples followed him, and, behold, there arose a great tempest in the sea, insomuch that the ship was covered with the waves: but he was asleep. And his disciples came to him and awoke him, saying, 'Lord, save us: we perish.' And he saith unto them, 'Why are ye fearful, O ye of little faith?' Then he arose, and rebuked the winds and the sea; and there was a great calm. But the men marveled, saying, What manner of man is this, that even the winds and the sea obey him!" (Matthew 8:23-27)

"The LORD is my shepherd; I shall not want. He maketh me to lie down in green pastures: he leadeth me beside the still waters. He restoreth my soul: he leadeth me in the paths of righteousness for his name's sake. Yea, though I walk through the valley of the shadow of death, I will fear no evil: for thou art with me; thy rod and thy staff they comfort me. Thou preparest a table before me in the presence of mine enemies: thou anointest my head with oil; my cup runneth over. Surely goodness and mercy shall follow me all the days of my life: and I will dwell in the house of the LORD forever." (Psalm 23)

"But thou, O LORD, art a shield for me; my glory, and the lifter up of mine head. I cried unto the LORD with my voice, and he heard me out of his holy hill. Selah." (Psalm 3:3-4)

"God is our refuge and strength, a very present help in trouble. Therefore will not we fear, though the earth be removed, and though the mountains be carried into the midst of the sea; Though the waters thereof roar and be troubled, though the mountains shake with the swelling thereof. Selah. There is a river, the streams whereof shall make glad the city of God, the holy place of the tabernacles of the most High. God is in the midst of her; she shall not be moved: God shall help her, and that right early. The heathen raged, the kingdoms were moved: he uttered his voice, the earth melted. The LORD of hosts is with us; the God of Jacob is our refuge. Selah. Come, behold the works of the LORD, what desolations he hath made in the earth. He maketh wars to cease unto the end of the earth; he breaketh the bow, and cutteth the spear in sunder; he burneth the chariot in the fire. Be still, and know that I am God: I will be exalted among the heathen, I will be exalted in the earth. The LORD of hosts is with us; the God of Jacob is our refuge. Selah." (Psalm 46:1-11)

Remember: Love and trust God for who He is--not simply for what He has done or will do. This is one of the lessons of the Book of Job.

K. Will Everything Turn Out for the Best?

"And we know that all things work together for good to them that love God, to them who are the called according to his purpose." (Romans 8:28)

"Behold, I have created the smith that bloweth the coals in the fire, and that bringeth forth an instrument for his work; and I have created the waster to destroy. No weapon that is formed against thee shall prosper; and every tongue that shall rise against thee in judgment thou shalt condemn. This is the heritage of the servants of the LORD, and their righteousness is of me, saith the LORD." (Isaiah 54:16-17)

L. What Should I Do When Things Get Better?

Rejoice! Give Thanks & Praise to God!

"Now thanks be unto God, which always causeth us to triumph in Christ, and maketh manifest the savor of his knowledge by us in every place." (2 Corinthians 2:14)

"I will be glad and rejoice in thy mercy: for thou hast considered my trouble; thou hast known my soul in adversities." (Psalm 31:7)

"Blessed be the LORD, because he hath heard the voice of my supplications. The LORD is my strength and my shield; my heart trusted in him, and I am helped: therefore my heart greatly rejoiceth; and with my song will I praise him. The LORD is their strength, and he is the saving strength of his anointed." (Psalm 28:6-8)



Bonus Section: Good News for Tough Times

Did you know that God loves us very much and wants to be loved by us in return? True love, though, can only be fully experienced when you are not expected or required to love the other person. In other words, for us to be able to truly demonstrate our love for God, He had to give us the free will to choose otherwise...not to love Him and not to obey the laws He created for us.

Sinfulness is disobedience to God and, whether we like it or not, we have all been guilty of sinning. Tragically, our sin creates a significant barrier between us and God. God is completely infallible and as such, He cannot support or come in contact with our sin. This means that once we've sinned, we've lost our right to eternal life with Him in Heaven. But the story didn't end there...

Gracious and loving, God could not tolerate this as the "final verdict" for the humans he created. As it stood, all humans were condemned to die and spend eternity apart from Him. So, He created a solution. As a just God, he could not remove the penalty for sin--that was required. What He could do is shift the penalty to someone else... someone completely blameless whose death would give us renewed hope.

Who would be spotless and blameless enough to bear that penalty for everyone else? As we've already said, all of us have sinned. All of our so-called "good deeds" won't bridge the gap between us and God. The only solution was for God (the Father) to send a part of Himself (the Son) to the earth--in the form of a human. Only He could live the sinless life that was required to save us from our sins.

This divine person was the Son of God, foretold for years as the coming Messiah in ancient Jewish texts. Born to a young virgin Jewish woman named Mary in a small town called Bethlehem, Jesus lived during the time of the ancient Romans (approximately AD 3-36). He spent the majority of His life telling how each of us could have a personal relationship with God and live according to His will. Because the religious leaders of the time were so threatened by His views, He was sentenced to death by crucifixion at the age of 33. But His death was not the end. After three days, Jesus conquered death by resurrection (coming back to life). He appeared to many before He ascended again to Heaven.

Jesus is our only hope for forgiveness and eternal life. He's the only one who can heal our souls. He is the only one worthy and able to bridge the gap between us and God. For that reason, there is only one way to God--through Jesus Christ. But choosing to accept and follow Jesus is very simple. In fact, it's a FREE gift...

So, since Jesus died on the cross for our sins, we all automatically go to Heaven, right? No. This gift of forgiveness and everlasting life does not come automatically. Although this is a free gift, you must consciously and willingly accept it.

Here's how:

- **Admit your need for forgiveness of your sins.**
- **Be willing to turn from your sins—repent.**
- **Believe that Jesus Christ died on the cross and rose from the grave to save you from your sins.**
- **Through prayer, ask Jesus to come in and your life through the Holy Spirit (God's Spirit on earth).**
- **Decide that you're going to follow Jesus' teachings from now on, and love God with all your heart!**

The Bible tells us, "For God so loved the world, that he gave his only begotten Son, that whosoever believeth in him should not perish, but have everlasting life." And Jesus said, "I am the way, the truth, and the life: no man cometh unto the Father, but by me."

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