

Perspectives

Difficult Situations

When facing a difficult situation, have you ever thought to yourself, “How am I going to handle this problem?” Many times when you are going through a painful situation it is hard to see a way through. What can you do when you are facing a difficult circumstance? Here are some suggestions:

1. **Take a realistic view of the situation.** Step back and evaluate all that is going on. Sometimes we overreact to a situation, making things worse. Some problems are serious and there is reason for concern. However, if you are able to take a realistic view of what is happening, maybe things won't seem as bad as they appear, or at least circumstances are viewed from a healthier perspective.

2. **Look at yourself.** Is there anything *you* can do to improve the situation? Your attitude can have a positive or negative impact on your circumstances. Taking a look at yourself may (or may not in some instances) be one part of the solution to the problem you are encountering.

3. **Talk to a trusted believer.** Mature Christians are a good source of insight and wisdom. They have walked the journey of faith and faced difficult situations along the way. Christian brothers and sisters can be a source of help and support. The love and encouragement of others lets you know you are not alone.

4. **Open God's Word.** Although the Bible may not give you the exact step-by-step instructions on how to work through a specific difficult situation, God's Word does give you guidance and inspiration while you are going through it. Remember: God, through the Holy Spirit, speaks to us through His Word.

5. **Pray.** Prayer is simply talking to God. He is available 24 hours a day, seven days a week. Prayer is sharing your thoughts and feelings openly; seeking God's presence, direction, and wisdom. Prayer is also listening. Be sure to take time to sit silently, tuning in to what God might be saying to you.

6. **Trust God.** Turning your difficulties over to God and dependence on His leading are keys to helping you work through whatever challenges you face. Difficult circumstances are a part of life. You will have them. However, allowing the Holy Spirit to empower and guide enable you to face the troubles of life with confidence.

May God bless you as you study His Word this quarter!