

# Facing Trouble and Hardship

Facing troubles is inevitable, but Jesus offers peace and victory in every storm. Learn to navigate life's hardships while growing closer to Christ.

## Introduction

Every person faces trouble and hardship at some point in their lives. Some difficulties are the result of our own decisions, while others come from external circumstances beyond our control. Regardless of their source, how we respond to these challenges is often more important than the challenges themselves. During tough times, we either turn toward Jesus for strength and peace, or we turn away, allowing our faith to weaken. Jesus promises peace even amid trials, but we must learn how to receive and apply it in our lives.

Have you ever found yourself overwhelmed by circumstances beyond your control? How do you respond when hardship strikes?

Jesus said in John 16:33:

John 16:33

(33) "I have told you these things, so that in me you may have peace. In this world you will have trouble. But take heart! I have overcome the world."

In this teaching, we will explore how to face trouble and hardship in a way that strengthens our faith and brings us closer to Christ. We'll focus on three key lessons from scripture that show us how to navigate life's storms: embracing the power of Jesus, leaning on support from others, and knowing when to act in faith.

## Embrace the Power of Jesus

When we face trials, the most important thing we can do is turn to Jesus. His power is greater than any trouble we encounter, and He has already won the victory over this world. In times of distress, we must learn to call on His name, trusting that His peace and authority will sustain us.

In Matthew 8:23-27, we read about the disciples facing a storm while crossing the Sea of Galilee:

Matthew 8:23-27

(23) Then he got into the boat and his disciples followed him. (24) Suddenly a furious storm came up on the lake, so that the waves swept over the boat. But Jesus was sleeping. (25) The disciples went and woke him, saying, "Lord, save us! We're going to drown!" (26) He replied, "You of little faith, why are you so afraid?" Then he got up and rebuked the winds and the waves, and it was completely calm. (27) The men were amazed and asked, "What kind of man is this? Even the winds and the waves obey him!"

In this passage, the disciples were terrified of the storm. They allowed fear to overtake their faith until they called on Jesus. When Jesus spoke, the storm was stilled, demonstrating that His power is far greater than any storm we face. In the same way, we must invite Jesus into our troubles and trust His ability to bring peace.



When you are overwhelmed by hardship, speak the name of Jesus over your situation. Pray for His peace, and choose faith over fear, knowing that He has overcome every trial. This week, whenever you feel overwhelmed, pause and speak His name. Take a moment to visualize handing over your fear to Him in prayer. Remember that no matter how big the storm feels, Jesus is with you, ready to calm the waves.

### Lean on Support from Others

God did not design us to go through life's challenges alone. Often, in our times of trouble, we withdraw from those around us, but scripture reminds us that we are meant to lean on one another for encouragement and strength. The Apostle Paul frequently faced persecution, yet he surrounded himself with others who helped him navigate those hardships.

In Acts 9:20-25, we read about Paul's early ministry, when some sought to kill him:

#### Acts 9:20-25

(20) At once he began to preach in the synagogues that Jesus is the Son of God. (21) All those who heard him were astonished and asked, "Isn't he the man who raised havoc in Jerusalem among those who call on this name? And hasn't he come here to take them as prisoners to the chief priests?" (22) Yet Saul grew more and more powerful and baffled the Jews living in Damascus by proving that Jesus is the Messiah. (23) After many days had gone by, there was a conspiracy among the Jews to kill him, (24) but Saul learned of their plan. Day and night they kept close watch on the city gates in order to kill him. (25) But his followers took him by night and lowered him in a basket through an opening in the wall.

Despite the danger, Paul didn't face this situation alone. His friends helped him escape, allowing him to continue his ministry. Likewise, when we face trouble, we must be open to the help of others and lean on those who will support and pray for us.

Don't isolate yourself when hardship strikes. Instead, share your burden with trusted friends or family members who can pray for you and offer guidance. Look for community within the church, and surround yourself with people who will lift you up when you're struggling. Who are the people in your life you can turn to for prayer and encouragement? If you don't have someone, pray for God to provide those relationships and seek out community in the church.

### Know When to Act in Faith

Not all trouble requires us to endure passively. There are times when Jesus calls us to act in faith, either by taking steps to change our situation or by following His guidance out of a difficult circumstance. The key is discerning when to remain still and trust, and when to take bold steps in faith.

In Acts 23, we see another example of Paul's wisdom in knowing when to act:

#### Acts 23:12, 16-17

(12) The next morning some Jews formed a conspiracy and bound themselves with an oath not to eat or drink until they had killed Paul.



(16) But when the son of Paul's sister heard of this plot, he went into the barracks and told Paul. (17) Then Paul called one of the centurions and said, "Take this young man to the commander; he has something to tell him."

Paul's nephew overheard a plot to kill him, and Paul took action by alerting the authorities. In doing so, he avoided unnecessary harm and lived to continue his mission. This teaches us that while we must sometimes endure hardship, other times Jesus gives us the wisdom and means to act.

Pray for discernment in your trials. Ask the Lord to show you whether He wants you to wait and trust, or whether He is guiding you to take specific actions to change your situation. Perhaps God is calling you to take a step of faith in your career or relationships. Pray for wisdom, and don't be afraid to act when He gives you clarity. When He leads you, don't hesitate to step out in faith and follow His direction.

### Conclusion

Facing trouble and hardship is inevitable in this life, but how we respond can strengthen our faith and deepen our relationship with Jesus. By embracing the power of His name, leaning on the support of others, and knowing when to act in faith, we can navigate life's storms with peace and confidence.

Jesus has already overcome the world, and He offers us His peace and victory. This week, as you face your challenges, take heart in knowing that you are never alone. Turn to Jesus, trust in His victory, lean on others, and walk in faith. Let His peace and strength guide you through every storm.

