

### Chapter 1 : How to Find True Joy in the Midst of Struggles

*Some people go through their entire life and seem to struggle all the way. Choices are sometimes made that lead to a path of turmoil and pain. I think if we are honest with ourselves, we all would have to admit to this struggle. The Bible often talks about this struggle in the midst of.*

Email Shares As many of my long time readers know I had a couple of heart attacks last year. It was an experience that although it amounted to a small bump in the road health wise, gave me a changed perspective on a lot of things in my life. Just a few days ago, I had my third heart attack in less than two years. Despite being in great physical shape my entire life, eating relatively well, and having my cholesterol and triglycerides well under control, it happened again anyway. Anyway, they were able to treat the blockage quickly by placing yet another stent my 7th into the right coronary artery. Developing My Sense of Gratitude This almost two year ordeal has been an interesting ride. Although I never felt my life was in danger or have had any significant aftereffects, going through something like this has certainly forced me to look at some of the things in my life with a different, more clear perspective. I have a beautiful, caring wife who is in love with me, even after more than 20 years. We have two awesome kids that light up our lives every day. I have the ability to make an better than average living in the greatest country in the world. A personal relationship with God, who always has my back, no matter what. I have plenty of friends and family who truly care about me. I belong to an awesome church that has helped me grow and prosper in so many ways. And so many other things that are too numerous to list. Should I Be Bitter? Of course, I could be pissed off at the world because my body keeps failing me, but what good would that do? I know that He allows us to go through tests to develop us, grow us, and make us stronger. Here are a few that I came up with that have worked well for me: Rely on God Completely- He wants you to hand over your burdens to Him completely. When you do, He will certainly recognize you for that. According to Chris Guillebeau in his guest post at Zen Habits, a life of gratitude is composed of at least 3 parts that combine to make a whole: A Sense of Purpose- God put you on this Earth for a purpose. Gratitude is manifested in pursuing your purpose and being true to it. We are all profoundly affected by other people and should learn from them in every way we can. Some of these people we love, some we detest, some are annoying, and some test our limits, but when you have gratitude in your life, you learn to appreciate all these people for who they are and why God put them in your life, because you know He put them there for a reason. Put that gratitude out into the world and let it do good things. Have gratitude for the big things, the small things, the hard things, and the easy things, because they are all for your eventual good!

**Chapter 2 : In the midst of struggles - Inspire**

*Are we really expected to rejoice in the midst of struggle? When issues in life have us so stressed, beaten down, depressed and angered are we really supposed to "count it all joy"? The notion goes counter to every feeling in our human flesh.*

Sometimes, in the face of stress, God sends us a bit of laughter to lighten our hearts and boost our spirits! Click To Tweet This week has been full of stress. We made an ER visit thinking it was a migraine, but she still struggles. Yesterday, the doctor finally, made the connection that maybe it was a decrease in medication that we made a bit over a week and a half ago, taking effect on her. Last night we upped that medication back, and today there seems to be a bit of improvement. She has been one sick girl this week! Finally, a bit better today! Stressful does not even begin to describe this experience. He has verbally shared with some friends how much he is dreading this appointment. He so vulnerably shared how depressing it was to add yet another specialist to his list of doctors. Anxiety dwells in both of our hearts over our appointments tomorrow. It has been a week that could have wiped us out! However, I have been dwelling on this thought lately. Thankfully, despite the stresses of this week, I have been able to see God at work! Grace means a gift from God. Krisann Grace is a gift from God without a doubt! Krisann continually brings blessing into my life! This week she wanted to go on a run with me; I agreed. The first half mile she was awesome. The second half mile she was slow. The next mile was just a stroll. In that stroll with her, God allowed me to see a piece of her heart and encouraged me with how good He is by noticing the beautiful leaves together. God gives us gifts in the midst of struggles. God also sends laughter in the middle of struggles. Today, God sent us laughter. We thought we would have a little fun and share that laughter with you. What could have been an incredibly frustrating experience in the middle of this stressful week, God chose to bless us with laughter instead of frustration! May I introduce to youâ€¦Just click and enjoy!

**Chapter 3 : In the Midst of Struggle Â» Kristin Schmucker**

*The struggle that we experience in this life is not devoid of purpose. The Bible tells us that through trial our faith is made steadfast. This means that God shows up in such a way during hardship, that when we cling to Him, our faith is actually stirred up and made stronger.*

Get new posts in your inbox! Enter your email address to follow this blog and receive notifications of new posts by email. I zipped up my running jacket and stepped out into the cold drizzle, a biting wind blowing against my face. Taking a deep breath, I resolved to make it a short run and started down the street. My thoughts swirled with reluctance as the chill penetrated each layer and settled into my bonesâ€”it was cold and wet and miserableâ€”what in the world was I doing outside? I knew the answer, even as I forced my body to ignore the myriad reasons I should turn around and pour another cup of coffee instead of running in the rain. My natural inclination is never toward discomfort, even when facing it leads to benefits on the other side. But experience has proven that perseverance is always worth it, even when it feels easier to quit before I begin. Sometimes life feels like running in the rain. Lately, anything beyond the basic activities required to get through the day feels too overwhelming to attempt. Here I am, facedown in the mud. Real-life transformation, however, requires a lot more tenacity and grit. Change comes almost too slowly to notice, demanding stamina to keep moving forward with almost no evidence that forward is really even the direction you are going. Sometimes perseverance looks like things that are intuitively productive, like journaling or exercise or counseling or heartfelt prayer. Other days perseverance looks like getting out of bed. Then doing the next thing and the next, one tiny next thing at a time. And sometimes it looks like simply not giving up, even when giving up feels like the only thing that makes sense. Perseverance eventually changes us if we keep not quitting, no matter how slowly movement comes. Sharing honestly with safe people helps us to lift our heads enough to see a whole heap of others who thought they were the only ones here too. You may be in the midst of it, but this is not the end of your story. You just have to choose not to quit. Go for that run or make your bed or light a candle and spend some time breathing deep. Sometimes victory simply means not giving up.

**Chapter 4 : In the Midst of Struggle – Releasing Perfect**

*In the Mist of Struggle Stands A Woman, is a collection of poetry written by Antoinette V. Franklin. This collection speaks of the struggle of an African American.*

What a challenging command from Scripture. Are we really expected to rejoice in the midst of struggle? The notion goes counter to every feeling in our human flesh. How can we feel joy when life is pushing us to the limit? Fortunately, the apostle James explains: But let patience have her perfect work, that ye may be perfect and entire, wanting nothing. What born again Christians must know is that problems that test your faith build Godly patience – which is supernatural. It will help mold you into the spiritually strong daughter or son of God The Lord wants you to be. The saints James wrote to were under intense persecution. Hated and viewed as outcasts and traitors by their Jewish countrymen and religious leadership, first century Christians saw their suffering only increase under the reigns of Roman emperor Nero and Domitian who tortured, burned and killed Christians in the coliseum for sport. Godly patience is based on an understanding that no matter what problem you are facing – whether it is unemployment, a family crisis, a marriage that is in chaos, loneliness or struggles that make you feel like you will never achieve anything – you know The Lord Jesus Christ is on the throne in Heaven. And with that knowledge the understanding that Jesus will never leave you or forsake you. In every situation you are blessed because the Creator of the Universe holds you as a precious jewel in His hand and no one can cast you out of it. It is the remembrance that nothing – not height, nor depth, nor any creature can separate you from the love of God that is in Jesus Christ The Lord. When you let patience work in you. When problems push you to question God, trust in Him even more. Ask The Lord to speak to you through His Word: The Lord will give you the reassurance you need when you ask for it. Be patient and trust in Him. Let The love of The Lord Jesus Christ build you up so that even on the darkest days, you can rejoice, knowing that it is only bringing you closer to your Father in Heaven.

**Chapter 5 : How to Have Gratitude in the Midst of Struggle**

*The problems of pain and suffering and the love and mercy of God must be addressed in every generation and within every Christian life. Keep Believing is an articulate, insightful, inspiring and engaging survey of the central issues of this universal theme.*

God is in the Midst of our Storms February 18, by Courtney This week a beautiful covering of snow fell on our home and for a moment all was still and peaceful. The glistening snow caused schools to be closed and the sleds came out and hot cocoa and marshmallows filled our mugs. Our view out the back window. Sometimes the lightning strikes and the thunder trembles. The wind blows hard and trees snap, windows break and homes, cars and businesses are destroyed. Where is God in the midst of the storm? Job tells us in Job From its chamber comes the whirlwind, and cold from the scattering winds. No one is immune from them and when they hit they are unexpected, they are scary and they point to a God greater than ourselves. Our God is with us in the midst of our storms. The timing of our study in the Book of Job could not have been more perfect for me. This is the book of the Bible I need right now! This alone shows me how intimately involved our Lord is in our lives. His tender care “to lead me through Job” reminds me of Psalm If you are in the midst of a storm today “reflect on Psalm 23 with me. Psalm 23 The Lord is my shepherd; I shall not want. He leads me beside still waters. Perhaps you are exhausted with unanswered prayers and you are scared, lonely, heartbroken, or depressed. What ever you are facing today! Remember this: The Lord is our good shepherd and He never leaves our side. He walks with us through the valleys. He restores our soul when we are weary. He leads us to the path of righteousness when we have lost our way. He gives us courage when we are scared and he comforts us when we are hurting. Our God is the God of the storm. He is mighty and powerful and the enemy trembles at His name. There is no one like our God. God is clothed with awesome majesty. Our God is mighty “He can be trusted! He sees and knows all the details of your private storms. He will take care of you. He loves you so. How has God taken care of you in the midst of your storm?

Chapter 6 : In the midst of struggles |

*In the midst of struggles don't key on the struggle, look up. "If ye then be risen with Christ, seek those things which are above, where Christ sitteth on the right hand of God.*

We can speak peace to the storm, according to Mark 4: Because Christ, the greater One, lives in us, we can take authority in a similar way over the rough places in our lives. At times we can feel the spiritual storms beginning to blow around us. Tempers flare, fingers point, and confusion and hurt try to overwhelm us. How can we not only exist but also live happy lives in the midst of such spiritual warfare? Get Spirit-filled content delivered right to your inbox! [Click here to subscribe to our newsletter.](#) We become the ultimate peacemakers when, under the anointing of the Holy Spirit, we speak peace to our situations. Often fear is a lack of peace. Strife, anger, pride—many emotions arise from a lack of peace. In an attitude of peace, we can all reach up and touch faith. In strife and confusion, our minds and hearts churn in circles of fear, hurt, woundedness and worse. A few years ago the Lord allowed me to reach out to many individuals who needed healing. It was an overwhelming experience. Is it any wonder Christ is called the Prince of Peace? He looked at the storm and spoke peace to the wind and waves. He walked in an entirely different spirit from the one ruling those around Him. Because He was filled with peace, He spoke peace and peace came, not only to the wind and the waves but also to the people in the boat. How do you walk in such a way that you become a vessel of peace? Stay close to God in prayer; let His Word lead you step by step through every storm and refrain from being drawn into an atmosphere of strife. The most notable thing about Christ in the storm is that He existed in an entirely different atmosphere from that which surrounded everyone else in the boat. While the disciples focused on the waves, spoke fear and intensified the atmosphere of pressure, Christ was at complete rest. You can do the same—and God will anoint you to make a difference! Pray that President Obama will continue to seek God for wisdom and pray for his cabinet, his family, and those in Congress who make decisions affecting our nation and the world. Pray for revival to impact our churches and spread throughout the land. Continue to pray for Israel and its protection. Help Charisma stay strong for years to come as we report on life in the Spirit. [Click here to keep us strong!](#)

**Chapter 7 : Laughter in the Midst of My Frustration - Glimpses of Faith and Struggles**

*Any believer, truly aware of the inclinations of his heart, knows that he is prone to wander from Christ. We wage war against our flesh, satanic forces, and various worldly systems established in hostility to God.*

Some people go through their entire life and seem to struggle all the way. Choices are sometimes made that lead to a path of turmoil and pain. I think if we are honest with ourselves, we all would have to admit to this struggle. The Bible often talks about this struggle in the midst of spiritual warfare. And the truth of the matter is that we will often bring this struggle upon ourselves by not seeking the Lord with choices and decisions in our life. It is often a repeating cycle of one bad choice leading to another. Scripture is so helpful in this matter and shows how we need to completely rely on God and not to follow the foolish wisdom that comes with listening to our society or our culture. Until the return of Christ, we will always have the battle with the flesh the Apostle Paul uses this wording but we must not let it consume our lives but turn to the unlimited power source of the Holy Spirit in our lives. Consider the following: 1 Corinthians God is faithful, and he will not let you be tempted beyond your ability, but with the temptation he will also provide the way of escape, that you may be able to endure it. Verses on Struggle 2 Corinthians For the sake of Christ, then, I am content with weaknesses, insults, hardships, persecutions, and calamities. For when I am weak, then I am strong. Be strong and courageous. The LORD is near to the brokenhearted and saves the crushed in spirit. Verses About a Struggle for Faith Romans We will have hard times and struggles with many things including our own faith. So glorify God in your body. For the weapons of our warfare are not of the flesh but have divine power to destroy strongholds. We destroy arguments and every lofty opinion raised against the knowledge of God, and take every thought captive to obey Christ, Hebrews Rejoice in the Struggle Romans 5: In any and every circumstance, I have learned the secret of facing plenty and hunger, abundance and need. I can do all things through him who strengthens me. Or you, why do you despise your brother? God never tells us that being a follower of Christ will be easy. But that is not the end of the story. We can rejoice because we know the outcome of this battle. God wants to unleash His power in your life so that you can live in victory. Sometimes even Christians feel that life is just a losing battle. God is more powerful than the devil and he will give you a way to overcome struggles and temptations. Walk close with God. Be in prayer with Him throughout your day and have victory in the midst of the struggle.

**Chapter 8 : Finding Joy In The Midst Of Struggle | Beginning And End**

*Synonyms for in the midst of at [calendrierdelascience.com](http://calendrierdelascience.com) with free online thesaurus, antonyms, and definitions. Find descriptive alternatives for in the midst of.*

Living with a mental illness can do that to you. It always seems like an uphill battle. There are days that seem easier than others and we tend to gauge our wellness on how we feel from one day to the next. Are feelings being often fickle and if we go to them to define whether we are doing well or not, we may be deceived. But now things are different. I get up each morning and the first thing I do is thank God for the beautiful day. Now the day may not be beautiful weather wise, but it is the day God has made and I am alive, so it is beautiful. Doing that one thing can change my outlook on the whole day. My mood may be dark, or it may be manic, but the trueness of God and his goodness never changes. I can rest assured that as long as I invite God to share my day with me, no matter what happens, it is a good day. The Lord reminds me often that He loves me. He loves you too. I know you may not believe that when you are in the throes of an episode. Depression or anxiety may reign supreme in your life right now. But that does not define you. You have the Lord God fighting this battle with you. And do not, for one minute, think this is not a battle, because it is. It is a battle for normalcy. We fight it every day and it is exhausting sometimes. I am right there with you. But, ultimately, this battle has already been won. We need only to call on God for help. God can revive a tired spirit, and heal a fractured mind, and ease our depression or anxiety. Spending some time with the Lord is key. I am not saying that praying, reading the Bible and meditation is the cure all. I believe thoroughly in the value of medication and therapy but trusting God with our healing is vital. He is the missing piece. If you take the time to schedule some time with the Lord, it will change your life. I used to get so worn out from fighting this battle all on my own. One day I turned the whole thing over to God and entered into a much-needed rest. I am still resting in Him. This does not mean I am not still fighting, I am. But now I know that I can turn to Scripture and prayer and get filled with the strength I need to fight each day. I have said that sometimes, the bravest thing I do is get out of bed in the morning. That is true because I know there will be a hard-fought battle I will face, but I also know that I do not battle alone. If you are tired, go to God. Allow Him to hold you and imbibe you with strength from above to fight the battle that is mental illness. He knows just what you need to overcome the obstacles you face. He will refresh you and strengthen you, so you can fight another day.

**Chapter 9 : In the Midst of Trouble Trust in God**

*Jesus. calendrierdelascience.com is your online destination for all areas of Christian Living - faith, family, fun, and community. Each category is further divided into areas important to you and your.*

In the midst of your struggles engage with God as he has engaged with us. Why engage with God when we see pain, experience suffering or evil in this world? They put a staff in his right hand. Then they knelt in front of him and mocked him. Then they led him away to crucify him. Come down from the cross, if you are the Son of God! He filled it with wine vinegar, put it on a staff, and offered it to Jesus to drink. In this series of Grow Daily the day five writer today has been asked to pick a bible passage and to give a practical answer to the big question of the week. Let me share with you some of what I have learnt so far in mine and I hope and pray some may resonate with your questions of God. My response mattered to her: Her questions, her doubts, her fears in the midst of her suffering was a clear indication that despite all she was facing, she was actively engaging with God. She had an open and honest relationship with God. I encourage you in your struggles with the suffering and evil of this world to proactively engage with God. One way of doing this may be in reading the Psalms or other books of lamentations. Psalm 38 v21 And in turn, cry to God yourself. Sometimes the pain, hurt and suffering is so intense that we lose the ability to verbally engage. Then take time to listen to a song of anguish or of soothing. Sometimes a song sung can ring true to the cries of your own heart. The second practical point is why engage with God? When God has the power to command at his fingertips, yet he does not change my situation “ why should I engage with him? Now this reminds me of a second conversation. This time the conversation was with another dear friend who does not yet acknowledge Jesus in his life. Only you have the life experience to be able to help me. This is why I have chosen the bible passage today “ the crucifixion. This is not a picture of a God who is made of gold and who lives in a palace. Not a God who is untouchable or fails to understand our human pain. Such cruelty, such all-encompassing evil “ at the hands of the people he loved and served. We engage with God because at the cross he has first reached in and engaged with us. When you face struggles and see cruelty in this world, are you tempted to disengage with God? Do you really know that God knows your pain and your suffering “ have you taken the time to tell him about it? If there are struggles or evil that you face where human help or intervention is needed please take courage to tell a trusted friend or professional in order to get practical help. When I face the hardships and cruelty of this world, please help me to remember that you also have suffered. Help me not to turn from you but to turn to you in full engagement through the good times and the bad. Thank you for loving me even when I am unlovable I have never strayed too far, and you have always welcomed me in. A song to listen to: When I survey Emma-Jane McNicol- Creek Road Presbyterian Church- Carina Grow Daily is a short devotional, designed to help you think about bible passages in the context of your head what you know about the passage , your heart how it affects the way you live , and your hands your practical response. The Creek Road Grow Daily writing team is made up of a diverse group of people from all walks of life, with one common passion for helping people reflect on what God says in his word.