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**Summary:**

We all will eventually experience difficult situations in our lives. They will vary by degree, but each one hurts in its own way. Recently, our family faced a situation with cancer that by human standards, should have ended in death. This program offers six things I did to walk through the darkness with peace.

Music by: Sharon Hinton Smith

1. Keep your eyes on God and not on the situation.

"...and let us run with perseverance the race marked out for us. Let us fix our eyes on Jesus, the author and perfecter of our faith..." Hebrews 12:1b-2a

1. Spend time alone with God in prayer and reading His Word.
2. Repeat God's truth and comforting passages to yourself and also in prayer to Him. He loves for us to repeat His Truth to Him. It shows we have been listening. :) (Don't you love it when your children show you they were paying attention to you by repeating what you taught them?)

3. Ask God to bring to mind stories and truth that He wants to solidify in your spirit during this special time.

In prayers, I've spoken these stories to God. One is of the centurion in Matthew 8:5. He asked Jesus to heal his servant who was at home paralyzed and suffering. Jesus told him He would go to heal him. The centurion replied, "Lord, I do not deserve to have You come under my roof. But just say the word, and my servant will be healed." So I say, "Jesus, just say the word."

4. Focus on God's attributes, saying them aloud in prayer to Him. This reaffirms God's truth and power within your own spirit.

You are God Almighty! Before the earth was formed, You thought of me. You make the clouds your chariot and ride on the wings of the wind. You put each star in space and call them each by name. You are the Great I AM! Yet, you are my Abba, Father. You are Great, yet you love to be near me. Nothing takes You by surprise. You are in control.

5. Praise God during this time, not for the situation, but in the situation.

"Rejoice always, pray continually, give thanks in all circumstances, for this is God's will

for you in Christ Jesus."

1 Thessalonians 5:16-18

""Rejoice in the Lord always, I will say it again: Rejoice!" Philippians 4:4

This "rejoice" doesn't mean you have to dance around in a party, but rejoicing can simply be reaffirming His truth in contentment. Rejoicing in Him can be sitting with Him and acknowledging who He is.

6. Don't let your mind run wild in the "what ifs".
  1. What if he dies?
  2. What will life be like?
  3. What if he suffers?
  4. What if it is a long battle?
  5. etc.

Keep your thoughts in check. Anything contradicting God's word is not true. Stop these thoughts as soon as you discover them.

2 Corinthians 10:5 "We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ."

The Holy Spirit lives inside Christians. This is God's gift to us. With the help of the Holy Spirit, we have the ability to take captive every thought. (I'm not denying that some people need medications for chemical imbalances.)

6. Live in the reality of the moment.

Don't try to plan out each future possibility. At each step, only deal with the doctor's diagnosis for that moment. Yes, educate yourself, but ultimately, try to mentally stay in the reality of the current situation and leave the future to God.

7. Never lose your sense of humor

For NCIS fans, I told Doug that I feel like I'm the female DiNozzo. cracking a joke in serious situations. To Doug's credit, he's been poking fun as well. It's just in our nature to lighten the mood, even though we know the seriousness of the battle. So don't bring us around if you want to stay sad in your next big battle.

8. Ask for the prayers from fellow Christian friends

These prayers give you personal peace and are powerful, especially when reaching the throne of God together. Prayer friends appreciate the opportunity to grow with you and with God as you approach the throne of Grace in the spirit of unity.

God says that around His throne are "golden bowls full of incense, which are the prayers of the saints." Revelation 5:8

God could have chosen anything to be a fragrant aroma around His throne.. (He's God, for goodness sakes.) Above all things, He chose our prayers as His favorite aroma. Isn't that incredible and humbling? We are so thankful for you, our genuine Christian friends, whose prayers are a fragrant aroma around the throne of God.

### **Trial Perspective**

James 1:2 "Consider it pure joy, my brothers, whenever you face trials of many kinds, because you know that the testing of your faith develops perseverance. Perseverance must finish its work so that you may be mature and complete, not lacking anything."

1. Paul was in prison,
2. Joseph was sold into slavery,
3. John was beheaded.

Just because life doesn't turn out the way we always thought, doesn't mean that God isn't good.

He is on His throne and His love is overwhelming.

Psalm 103:1-2 "Let all that I am praise the Lord; with my whole heart, I will praise His holy name. Let all that I am praise the Lord; may I never forget the good things He does for me."

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Notes from A Wonderful Life with Sharon Hinton Smith show. © 2005 -

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