

Finding Peace in Difficulty

by Ginny Jensen and Nikole Hahn

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The World is Weary

Gratitude is not my normal response when things are difficult. As I have been preparing devotionals for WorldVenture's Facebook Group, the study of thanksgiving and gratitude continually point me back to the Lord. Scripture's use of these words are predominately focused on God. As humans, we move from thankfulness for Him to thankfulness for things or events. This shift weakens our thankfulness because, unlike the Lord, things and events change.

1 Thessalonians 5:18 often is hard to consider in the midst of chaos. As I read it once again, I was struck by a small word, **in**. **"Give thanks in all circumstances; for this is the will of God in Christ Jesus for you."** (ESV)

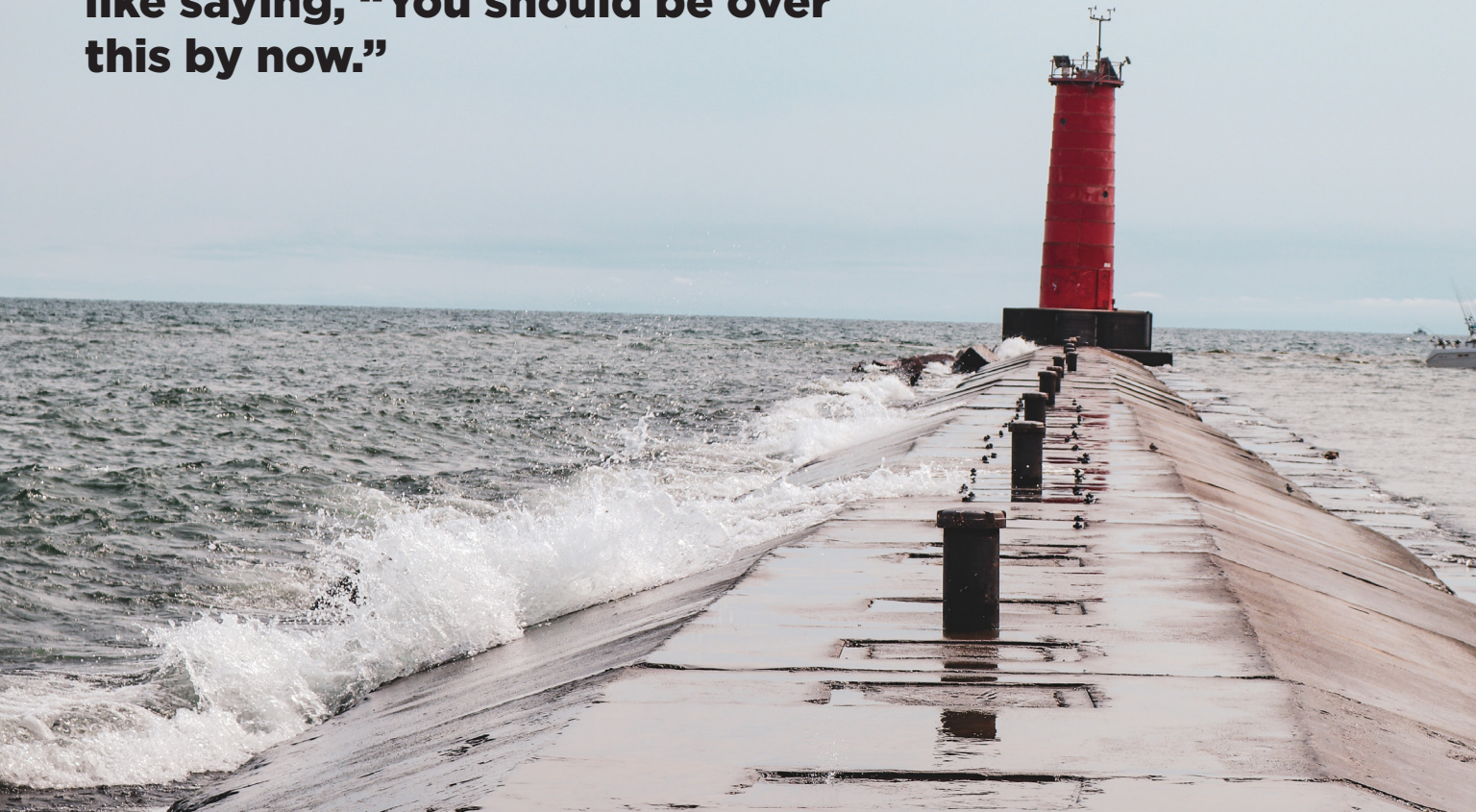
We are not told to be thankful **for all circumstances**. We don't need to be thanking him for the pain and suffering happening in our world. What He does ask is that we be thankful to Him despite what things look like for each of us. No matter how hard it gets, He is constant and unchanging. No matter what is happening, we can be thankful for God in our lives.

What quality of the Lord brings you comfort and encouragement during this world wide chaos?

- Ginny Jensen

Spiritual Formation Specialist, Paraclete

**Each person's journey is unique.
Avoid putting timelines on people,
like saying, "You should be over
this by now."**



Drink Eat Exercise Rest

- Griefshare




Encourage a time of lament. It is often therapeutic to write it out. Perhaps take the time today to write a lament? Examples can be found in places like Psalms 80 and 90.

**When going through a crisis,
sometimes the only thing to
do is “the next thing”.**



If you are committing to walk with someone through difficult times, plan for a marathon, not a sprint. Commit to only what you can truly give.



**“Suffering is
something we pray
against, pray about,
and pray through,
and yet it makes
more of us than we
have categories to
understand.”**

Casey Tygrett,
“becoming curious”

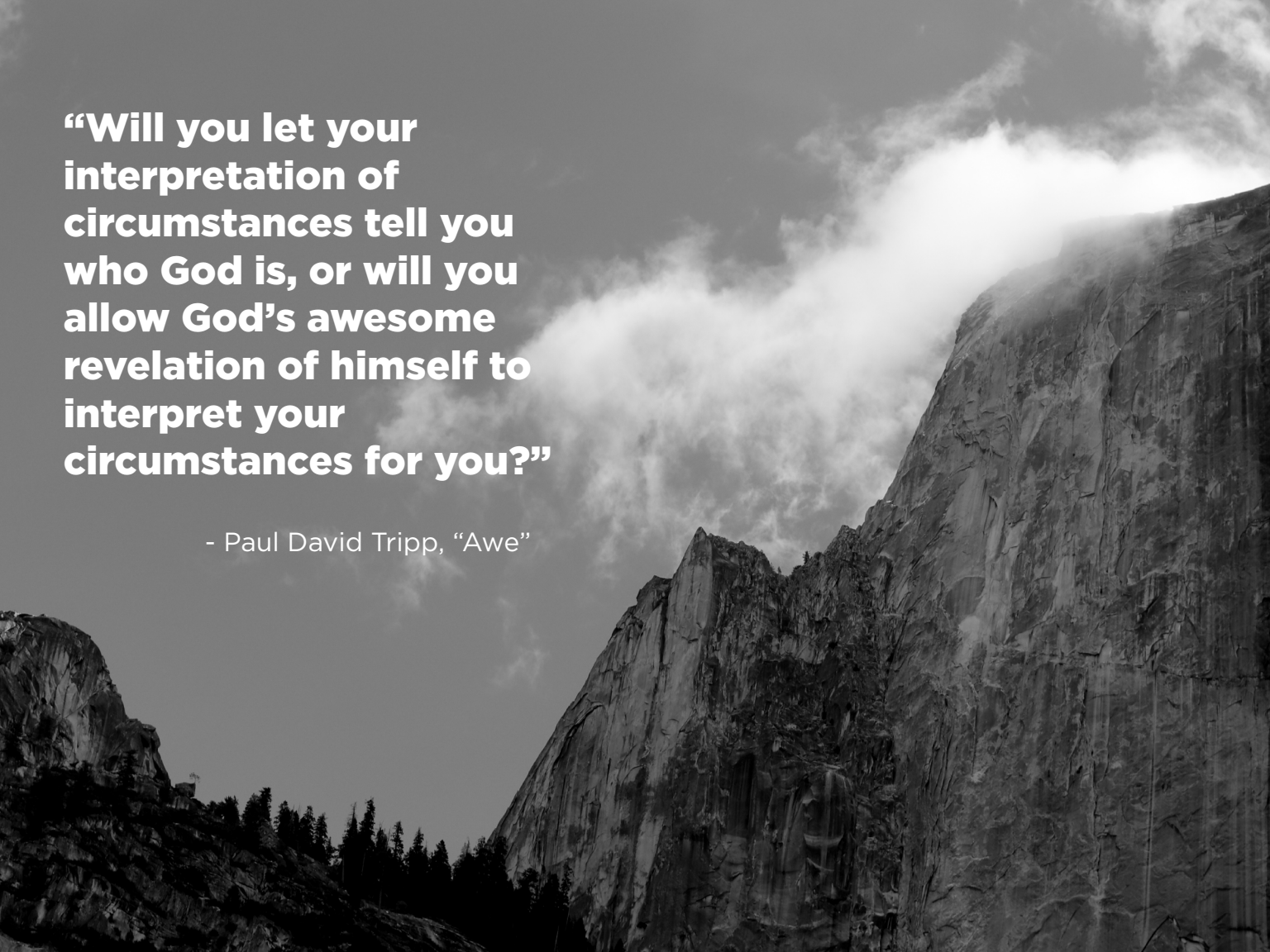
Common phrases, even if true, are not helpful.

Statements like these should be avoided:

- “I know how you feel.”
- “How are you?”
- “God won’t give you more than you can handle.”

“Will you let your interpretation of circumstances tell you who God is, or will you allow God’s awesome revelation of himself to interpret your circumstances for you?”

- Paul David Tripp, “Awe”



**We are not called to
fix things or people.
Avoid fixing! Avoid
sharing options unless
you are asked.**



A photograph of a field of purple flowers, likely delphiniums, in the foreground. The flowers are tall and have many small, bell-shaped blossoms. The background shows a rolling landscape with green hills and a range of blue mountains under a clear sky. The text is overlaid on the right side of the image.

**If you say you are going
to pray for them, do so.**

Let them know you are praying for them.

- Send them a text to follow up.
- Send them a private message on Social Media.
- Meet them for coffee or tea.
- Write out a prayer in chat.




How to Process Emotions



- **Pray**
- **Invite God into the emotions**
(Does it change the emotion to “share” it with Him?)
- **Own the emotion**
- **Journal**

- **Step away from the situation to process.**
- **Get some exercise, preferably outside.**
- **Consider if the current emotion is secondary.**
**Are there other emotions beneath
that need addressing?**

- Read Scripture that focuses on
His provision for those emotions.**
- Talk to a friend, a professional,
pastor, and/or counselor.**

A scenic landscape featuring a calm river flowing through a forest. Tall evergreen trees line the banks, and some trees in the foreground have vibrant yellow autumn foliage. In the background, a large, rugged mountain peak rises above a layer of mist or low clouds. The sky is filled with soft, white clouds.

**Peace I leave with you; my peace
I give to you. Not as the world
gives do I give to you. Let not
your hearts be troubled, neither
let them be afraid.**

John 14:27 ESV



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