

Chronic Problems That Don't Seem to Go Away

When dealing with chronic problems that don't go away, do you feel like giving up? They wear you out and wear you down. We risk letting the problem dominate our thoughts and sinking us into a mindset of self-pity and despair. Self-pity is a bottomless pit that gets worse over time. Even Jesus faced times of trouble, and He told us we would, too. *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.* (John 16:33). Not only has Jesus overcome the world, but he remains close to us. *The LORD is close to the brokenhearted and saves those who are crushed in spirit* (Psalm 34:18).



Jesus said to take our minds off our problems and to “fix your eyes on me.” This is how Jesus equipped us to handle difficult times. In the devotional book, Jesus Always, the author writes what she thinks Jesus would say (based on scripture):

“Worshipping Me is a wonderful way to renew your strength in My Presence. When you take steps of faith by praising Me in the midst of difficulties, My glorious Light shines upon you. As you persevere in focusing on Me, you reflect My Glory to others, and you’re transformed into My likeness with ever-increasing Glory.”¹ (Look up 2 Corinthians 3:18)

For you to receive God’s strength, instead of looking inward or down, look up to Him. Then, the following passage will help you through what you are facing. *“So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand.”* (Isaiah 41:10)

God is with us during the difficult times. From the familiar 23rd Psalm, we read: *“Even though I walk through the darkest valley, I will fear no evil, for you are with me; your rod and your staff, they comfort me.”* (Psalm 23:4). So, to feel Jesus’ comfort, you need to give it up to the Lord. God can’t work to relieve you of your fears and anxieties if you are still holding onto them. Let them go. Put it in the Lord’s hands, and remove it from your constant thoughts. *“Cast all your anxiety on him because he cares for you.”* (1 Peter 5:7). Try it and feel a sense of peace. If you don’t feel the peace, you are still holding on to your troubles.

Additional Readings: Just between you and me – just reading these verses won’t miraculously make your anxieties go away. Spoiler alert - You have to do what the scripture says to achieve success.

- *Not only so, but we also glory in our sufferings, because we know that suffering produces perseverance; perseverance, character; and character, hope.”* (Romans 5:3-4)
- *“God is our refuge and strength, an ever-present help in trouble.”* (Psalm 46:1)
- *“But those who hope in the LORD will renew their strength. They will soar on wings like eagles; they will run and not grow weary; they will walk and not be faint.”* (Isaiah 40:31)
- *“Trust in the LORD with all your heart and lean not on your own understanding; in all your ways submit to him, and he will make your paths straight.”* (Proverbs 3:5-6)

Prayer: Dear Lord. It is human nature for us to focus on the things that bother us. Sometimes, those thoughts consume us. Let us fix our eyes on you and give up those things that dominate our attention and drain our energy. Help us, Lord, to focus on you and let it go. Amen.

¹ Jesus Always, by Sarah Young, page 365