

This is not the Time to Lose Faith

Just this week, I saw a sign outside a local church that said, “This is not the time to lose faith.” That church sign was the stimulus for this devotional. There are times when we are frustrated, disappointed, or discouraged. It may be about world events or things in our personal lives. Without knowing it, we begin to sink into despair, isolating ourselves and drifting away from God. During challenging times, our faith can feel fragile. Everything seems disjointed, changing, and out of control. There is no anchor to ground us. Our sense of faith weakens when we let doubt, fear, or bitterness take root in our minds. Isolating ourselves makes us even more vulnerable to doubt, and prolonged suffering leads to a feeling of hopelessness.

So, how do we get out of this rut? The foundation of our sense of peace is our relationship with God. Remember, God is unchanging. You can count on Him to be a constant in your life – the anchor you need.

Hebrews 13:8 says, *Jesus Christ is the same yesterday and today and forever.* How can God do this in a world so rapidly changing? Max Lucado says, “He sees the end from the beginning. He is never caught off guard by the unexpected.”¹

While we wish for smooth sailing through life, that is impossible. However, turning to God, our faith can become stronger in times of adversity. Trials are not just obstacles in our path but can be opportunities for spiritual growth. This verse is difficult to digest in real time: *Consider it pure joy, my brothers and sisters, whenever you face trials of many kinds, because you know that the testing of your faith produces perseverance. Let perseverance finish its work so that you may be mature and complete, not lacking anything. (James 1:2-4).* Certainly, we would rather not test this verse, but all of us will encounter challenging times. God’s presence, grace, and peace empower us to endure hardship if we focus on Him. Because of our relationship with God, we don’t face hardships alone, and overcoming them, with God at our side, makes us stronger. “Faith does not mean trusting God to stop the storm. It means trusting Him to strengthen us as we walk through the storm.”

I came across two sources that both gave similar steps to strengthening our faith during a crisis or time of despair. The first three steps involve our personal relationship with God. Steps 3 and 4 enhance our relationship with others, and the final step is our reward.

Step #1: Anchor yourself in prayer, drawing on God’s strength instead of your own.

Step #2: Stay rooted in scripture. It shifts your mindset, letting God’s promises replace your own doubts and fears.

Step #3: Cultivate a heart of gratitude. A thankful heart is a powerful weapon. While an attitude of gratitude doesn’t change the circumstances, it changes you – from a feeling of despair to one of hope.



¹ [Unshakable Hope](#), Building Our Lives on the Promises of God, by Max Lucado, page 7

Step #4: Seek support. Resist the temptation to pull back and shut down. Don't isolate yourself and sink into depression. Seek a mentor or a friend. *Carry each other's burdens, and in this way you will fulfill the law of Christ (Galatians 6:2).*

Step #5: Serve others as you focus on God's purpose for your life. Refocus your mind from yourself to others. You can be a beacon of hope for others, and you, too, will grow in the process.

Step #6: Rest in God's presence so that faith takes precedence over feelings. Feelings come and go, but God's promises do not. I recently read a quote that says, "There is not enough room in your mind for both worry and faith. You must decide which one gets to live there."

There are a number of helpful scripture verses that reveal God's promises that can apply to you. These are not sensationalized news headlines to get your attention, nor are they a "pep talk." They are the infallible Word of God, assuring you of His presence and strength. They are some of His promises for you.

I can do all this through him who gives me strength. (Philippians 4:13)

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).

And we know that in all things God works for the good of those who love him, who have been called according to his purpose. (Romans 8:28)

God is our refuge and strength, an ever-present help in trouble. Therefore, we will not fear, though the earth give way and the mountains fall into the heart of the sea, though its waters roar and foam and the mountains quake with their surging. (Psalm 46:1-3)

Have I not commanded you? Be strong and courageous. Do not be afraid; do not be discouraged, for the LORD your God will be with you wherever you go." (Joshua 1:9)

... because you know that the testing of your faith produces perseverance. (James 1:3)

The world around us may be going crazy, or you may be facing some difficult issues. No matter what is happening, you are not walking this path alone. The God who made you and unconditionally loves you is walking with you. When you are disappointed or things are going badly is not the time to lose faith. On the contrary, it is when we need to grow stronger in our faith.

Points made in this devotional are from The Power of Positivity website and Christian Growth Resources.com, with an article written by Carol Nasir. The quote in the footnote is from [Unshakable Hope](#), by Max Lucado.