



EPISODE #214

SCRIPTURE NOTES

Reflect on a season of hardship

What has a season of hardship looked like for you? Maybe it was the loss of a loved one, a season of unemployment, or a marital dispute. What did you feel in this season?

As you define this season of hardship, take a moment to reflect: How did God meet you there in the big and the small moments?

After Justin and Trisha's season of hardship, or as Trisha describes her "rock bottom," after working through some healing together they went on to create a ministry that encourages others in life and in marriage. What has God done through you as you've come out on the other side of your hardship?

If you are still in the middle of your hardship, we hope that you find the courage today to give God your burdens—to lay down at His feet what is not yours to carry or control and trust that God will heal the rest. What might be some of those burdens for you today, some of the things that you might be struggling to let go of?

Pray

Father God, Your Word says to endure hardship as discipline and that through all of the hardship I went through, or am going through, you can use what is painful and unpleasant to train me for my good, in order that I may share in your holiness. On the hardest days, it is difficult for me to be confident that this is true. Lord, please help me to trust that You are doing something good in me and through me in this season. Help me, God, to depend on You and have hope for tomorrow. Even when I don't always understand, I thank You, Jesus, for the story that You are writing in my life.

More to Explore

We long for freedom and the power to choose, yet our choices deeply affect our relationships. When things break apart, the consequences can feel heavy. This Discovery Series booklet from Our Daily Bread Ministries invites you to reflect on how God meets us in those moments with restoration and a deeper understanding of true freedom.



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