

When Life Wears Us Down

From: Know and Believe:

A Lifetime Journey toward Rediscovering God's Love for You

Taken from Chapter 18: When Life Wears Us Down

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Everyone experiences difficulties in life—even those who put their faith in Jesus Christ; or perhaps it's better to say, *especially* believers in Jesus Christ.

2 Timothy 3:12

Yes, and all who desire to live godly in Christ Jesus will suffer persecution.

It is because we align ourselves with Jesus and desire to live a godly life that the world opposes us. John wrote,

“Therefore, the world does not know us, because it did not know Him,” (1 Jn. 3:1). So, we should not be surprised when the world or those claiming to be Christians persecute us.

Many of our difficulties, though, have almost nothing to do with our faith—simply due to the fact that we live on this earth in mortal bodies is reason enough. We want to be at peace with everyone, and we take steps toward that goal, but not everyone returns the same grace. We all know snarly people who seem determined to make everyone around them miserable. Sure,

we can ignore many people in life, but it's very difficult to overlook members of our own family—our parents, our spouse, and children who sometimes cause grief.

There are so many things in life that can bring us down—betrayal by a trusted friend, pressures at work, struggling to make ends meet, depression, medical issues, and feeling trapped in life.

Furthermore, tragedies happen such as weather events, deaths of those we love, and political unrest. We feel shaken and even alone as we grapple to survive. Then there is failure.

Being disappointed with oneself is very difficult to bear.

The truth is everyone goes through trying times in life, and most of us face experiences that seem impossible to bear. Pessimists expect them, and optimists are often surprised by them, but no one in their right mind enjoys suffering, especially not long-term. It is a fact of this “life” as we exist in this current world where chaos and tragedy happen and people fall increasingly short of respecting each other.

2 Timothy 3:1-7

But know this, that in the last days perilous times will come: ² For men will be lovers of themselves, lovers of money, boasters, proud, blasphemers, disobedient to parents, unthankful, unholy, ³ unloving, unforgiving, slanderers, without self-control, brutal, despisers of good, ⁴ traitors, headstrong, haughty, lovers of pleasure rather than lovers of God, ⁵ having a form of godliness but denying its power. And from such people turn away! ⁶ For of this sort are those who creep into households and make captives of gullible women loaded down with sins, led away by various lusts, ⁷ always learning and never able to come to the knowledge of the truth.

Evil and selfish people always abound, but Paul wrote it would get worse in the last days. This world is a tough place, and some of its inhabitants are not pleasant, so on top of “life” that can be difficult at times, we have to deal with people who greatly fall short of the glory of God. We can develop the perspective that everything and everyone are against us. We can begin to think God is as callous as those around us, and we ourselves can become hardened.

Matthew 24:12

And because lawlessness will abound, the love of many will grow cold.

Difficult times and unpleasant people are part of this life. The wonderful news is, God is not our enemy. Instead, He is always **for** us, even when we or others are not perfect. He is not sending difficult times and challenging people into our lives to teach us some celestial lesson or to punish us for our weaknesses. He knows how to speak to us directly. God comforts us as we face difficulties. Not only that, He is working all things together for our good. He *died* for us! He is not condemning us. He is sticking up for us in the face of our accusers.

Romans 8:33-34

Who shall bring a charge against God's elect? It is God who justifies. ³⁴ Who is he who condemns? It is Christ who died, and furthermore is also risen, who is even at the right hand of God, who also makes intercession for us.

Christians have a certain advantage in this life. When the world goes through hard times, they tend to grow bitter. We, however, as children of God, grow better (Rom.5:1-4). So, it isn't that when we come to Jesus we never face difficult circumstances, but it is true that no matter what happens, God is working on our side to work it for our good. God is not

causing evil in our lives; rather, He is perfectly capable of making it work for our good.

When We Wear Ourselves Down

No matter how much we don't love ourselves at times, we need to remember God does love us, and He knows us best. When we are tempted to focus on our weaknesses, shortcomings, and failures, let us remember God sees us right now and loves us right now, and He is working in us to bring us where He wants us to be.

When you feel worthless, remember He values you enough to give His Son to die for you. He's not mad at us for feeling insecure or being flawed. No matter how bad life gets, we can overcome anything when we know and believe in His exceedingly great and undeserved love for us.

"Jesus, sometimes it feels like everyone and everything are against us. Thank You so much that You are always for us. In every situation, remind us to focus on Your love and Your power and Your goodness, and not on the wind and waves that come our way. Instead of blaming You for hard times, help us turn to You for help, knowing fully that You are NOT to blame and You are in us and will work all things together for our good. Thank You for making us better persons as we go through difficult times. Help us to rest in Your love for us when it seems no one else on earth loves us."

*For as high as the heavens are above the earth,
So great is His lovingkindness toward those who fear
Him.*

*As far as the east is from the west,
So far has He removed our transgressions from us.
Just as a father has compassion on his children,
So the Lord has compassion on those who fear Him. 14
For He Himself knows our frame; He is mindful that we
are but dust.*

Psalm 103:11-14
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