

Hang in There!



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What to Do When You Have the Worst Week

When You're in the Middle of It

1. You're _____

"Never will I leave you; never will I forsake you." So we say with confidence, "The Lord is my helper; I will not be afraid." (Hebrews 13:5-6)

Jesus said, "Surely I am with you always, even to the very end of the age!" (Matthew 28:20)

Remember the Cherokee rite of passage: Just because you can't see your Father, doesn't mean He isn't there.

2. Keep _____

"Call upon Me and I will answer you. I will be with you when you're in trouble. I will deliver you and honor you." (Psalm 91:15)

"Be strong and courageous! Do not be terrified; do not be discouraged, for the Lord your God will be with you wherever you go!" (Joshua 1:9)

Remember the lesson of the mule in the well: When bad things happen and troubles are piling up all around you ... just shake it off and step up! Keep going and keep doing your best.

3. It's always _____

"Do not be afraid, Daniel. Since the first day you prayed, God heard you and I have come in response." (Daniel 10:12)

Remember Ultra-Marathon runner Cliff Young ... and keep running through the dark!

"So do not fear, for I am with you. Do not be discouraged, for I am going ahead of you. I will strengthen you and I will help you." (Deuteronomy 31:8)