

Bringing Our *Struggles* to The Lord



God cares deeply about every struggle we face, no matter how big or small. There isn't any challenge that we face that He isn't already working in the Spirit to help us with. He invites us to bring our worries, anxieties, and burdens to Him, and He promises to help us. Yet, sometimes we hesitate, thinking we should handle our problems on our own. But when we rely on ourselves, we usually end up overwhelmed, stuck, or even prideful. God offers a better way, one that is greater than anything else: a life of dependency on Him, where we can experience His peace and strength when we are in the midst of our struggles.

God Cares About Our Needs

When you have prayed to God about an immediate need, it may seem like He isn't listening or responding, but He is always working to make life better for you. Scripture reminds us of how much God loves and cares for us. 1 Peter 5:7 says, "Cast all your anxiety on Him because He cares for you." God is not distant or uninterested in your life. He sees your every need and is ready to listen. Your responsibility is to trust that He cares about every detail and look to Him for strength.

We Can Approach Him in Prayer

Sometimes, we fear that God may be disappointed in us or too busy to listen. But that's not true. God's Word assures us that He welcomes us with open arms. If you read in Hebrews 4:16 you will understand that it encourages us to, "approach God's throne of grace with confidence, so that we may receive mercy and find grace to help us in our time of need." God is not harsh or hard to reach—He is full of grace and ready to help you right where you are.

Self-Reliance Can Be a Problem

If you're a "fix it" type of person then you know that when we try to solve our personal struggles on our own, we often get stuck. It's not our place to rely solely on ourselves to manage and overcome obstacles. We simply cannot go through any problems and come out of them victoriously by our own human power. It is God who helps us by giving us wisdom and spiritual strength to work through our challenges. Proverbs 3:5-6 warns us not to lean on our own understanding but to trust in the Lord with all our heart. Self-reliance can lead to burnout, frustration, and even pridefulness. But when we turn to God and depend on Him for guidance, we can find strength beyond our own.

You Can Depend on God

Living a life dependent on God means practicing bringing your struggles to Him in prayer. You don't have to be worried about the issues in life that you feel you can't handle because Philippians 4:6-7 instructs us: "Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God." The more you nurture this desire of turning to God, the more it will become a positive habit. You will experience a deeper sense of peace as you learn to walk with Him and trust Him with your life. Struggles will happen but know that God is there, and He is waiting to reveal to you the incredible ways He is able to help you in your trials.

God Bless You!

Thank you for taking the time to read one of my heartfelt handouts, *Bringing Our Struggles to the Lord*. My prayer for you is that you continue to grow in faith, knowing that God is able and ready to guide you, no matter what you're facing. He cares deeply about you and is just a prayer away. Keep trusting Him, and He will guide you every step of the way.

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