



# Living Well

## Facing Adversity



Ed Edwards  
President

Donna Edwards  
Executive Director

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### Remember....

Check out these websites for more information:

For more detailed information about the ministry - [www.livingwelloc.org](http://www.livingwelloc.org)  
Photos and writings about the ministry - [www.livingwelloc.blogspot.com](http://www.livingwelloc.blogspot.com)  
Encouragement/culture on marriage - [www.livingwellinmarriage.blogspot.com](http://www.livingwellinmarriage.blogspot.com)  
Marriage events in the state, resources for marriage - [www.marriagenetworkok.net](http://www.marriagenetworkok.net)  
Wisdom Community School - [www.wisdomcommunityschool.com](http://www.wisdomcommunityschool.com)

*Afflictions are light when compared with what we really deserve. They are light when compared with the sufferings of the Lord Jesus. But perhaps their real lightness is best seen by comparing them with the weight of glory which is awaiting us.*

A.W. Pink

**This too shall pass.** It won't last forever; it just feels like it will.

*In all this you greatly rejoice, though now for a little while you may have had to suffer grief in all kinds of trials.* 1 Peter 1:6

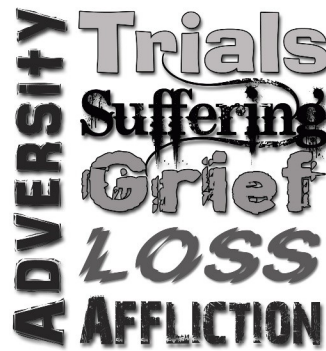
**Acknowledge your pain.** Most pain comes from loss.

Your loss can take **many forms.** You could lose a possession, through financial problems, weather, or a fire.

Your loss could be a **person** – a failed marriage, a child that dies, the untimely death of a spouse, the passing of a

parent, a broken relationship, a friend that moves away.

Your loss could be **your job, your career, or your reputation.** Your loss might be **your health.**



Maybe your loss is **the loss of a dream or aspiration** – somewhere you want to live, something you want to accomplish, having a family, or a hobby that you don't have time or money to pursue.

**You are not in control.** Surprise! When something painful happens, we often get

angry too because we can't do anything about it.

**I can't control other people or most circumstances.** When I try to control my circumstances totally, I have to try to control others too, because they often determine my circumstances.

**I can't control the weather, the economy, my boss or the place where I work.**

**It's okay to cry;** it doesn't make us weak. Crying is a valid expression of pain. We often get angry when we are in pain, which is not a godly expression of your pain.

**Everyone is different.** Not everyone reacts the same way to the same situation. Losing a job may be devastating for one but not for another.

**Everyone grieves differently.** No two people are exactly alike. No two situations are exactly alike.

### You are not alone .....

**Adversity is common to all people in all cultures.** Difficult times are part of life. Whether we call them adversity, trials, suffering, loss, grief, or afflictions, they are part of life. It doesn't mean that we have done something wrong. **None of us like those times.** That's okay. But we can't escape them; we can't protect our kids from them.

**Problems are inevitable; peace is optional.** Jesus promises that He will give us peace as we seek Him. *I have told you these things, so that in me you may have peace. In this world you will have trouble. But take heart! I have overcome the world.* John 16:33

**God is with us.** He will never leave us or forsake us. He is sad with us. He does not bring bad times on us.

*God has said, "Never will I leave you; never will I forsake you."* Hebrews 13:5b

*Be strong and courageous. Do not be afraid or terrified because of them, for the Lord your God goes with you; He will never leave you nor forsake you.* Deuteronomy 31:6

*The LORD is good to all; He has compassion on all He has made.* Psalm 145:9

On the reverse side:

**Healthy Grief**

**When a friend suffers**

PO Box 720828

Oklahoma City OK 73172

www.livingwellokc.org

Phone: 405.792.2586

E-mail: info@livingwellokc.org

## WE'RE ON THE WEB!

www.livingwellokc.org

www.livingwellokc.blogspot.com

www.livingwellinmarriage.blogspot.com

## Healthy Grief ....

**Grieving a loss is an appropriate response. Ignoring pain (stuffing it) is unhealthy** for my body, emotions, and spirit. Spewing (dumping) on others injures them.

**A healthy release of the pain is to express it to God.** He can handle it, even if I am angry at Him.

**Allow others to help.** We are part of the body of Christ, if one suffers, we all suffer. *If one part suffers, every part suffers with it; if one part is honored, every part rejoices with it.* 1 Corinthians 12:26

**Allow others into your presence.** We are together in the body of Christ to bear each other's burdens and to comfort each other. **Let others help with practical tasks** - bring you food, mow your yard, or pick up the kids.

**Turn to God, not away from Him.** Don't blame God for bad things that happen. **God gives good gifts;** He does not bring about bad things that happen to us. They are from the enemy. *The thief comes only to steal and kill and destroy; I have come that they may have life, and have it to the full.* John 10:10

**Growing while I grieve:**

**Seek Wisdom** - What is God's perspective of the situation? What does He want me to do at this stage?

**Forgive** - Is there someone that I need to forgive for the loss, maybe yourself? Am I willing to forgive as God has forgiven me?

**Seek His Presence, meditate on His Word, and seek His comfort.** (Hebrews 11:6, Psalm 145:5, Matthew 5:4, 2 Corinthians 1:3-4a)

**Surrender your will to His will, depend on Him.** (2 Corinthians 1:8-11)

**Rejoice and persevere.** (Romans 5:3-5, James 1:2-5, 1 Peter 1:6-7)

**Don't get stuck. Find His purpose.** Be grateful for what you do have, instead of unhappy or bitter about what you don't have. (Romans 8:28,31-35; 1 Timothy 6:6) The greatest way to honor someone that you lose is to live out your faith in the way God has given you.

**Share the Comfort(or) and the Hope.** (2 Corinthians 1:4b-7; Romans 15:13)

## When a friend suffers ....

**Show up and shut up!**

(Rick Warren's advice when he returned to the pulpit four months after his son committed suicide)

**Many people are afraid** to approach someone that has experienced a traumatic event - they don't know what to say or do. The reality is that they don't really need to say anything but "I love you and am so sorry for your loss" - then stop talking!

**Be willing to sit by a friend, weep with them, or be silent with them.**

Job's friends were great until they started talking! They sat with him for seven days in silence.

**Don't try to explain** what happened. Don't tell them that they must be a really strong person for God to allow this in their life. Don't offer platitudes or clichés. Don't tell them that you know how you feel. You don't know. No one knows.

**Don't ask them** to call you if they need something; now the burden is on them. And don't ask them what they need; they usually don't know.

**Offer your assistance in whatever you can** - staying overnight with them, bring them food, answer the phone or make calls for them, clean up, do the laundry.

**Don't forget them.** They will need you more in the sixth week after everyone is gone, than in the first week when everyone is around. Send them a note, call them, take them out.

**Give them time.** Everyone grieves in a different way and for a different length of time.

**Pray without ceasing!** Only God can truly comfort a broken heart.