

How to Survive a Terrible-No-Good-Very-Bad Day

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Refuse to entertain self-pity or despair

WHY ARE YOU DOWNCAST, O MY SOUL? WHY SO DISTURBED WITHIN ME? PUT YOUR HOPE IN GOD... PSALM 42:11

Spiritual self-talk worked for David, and I've found it works for me... Do a "hope-check" - where are you putting your trust? In a person, in an outcome, in yourself? They will fail you every time. Put your hope in God and His ability to cause "all things to work together for good to those who love God, to those who are called according to His purpose" (Romans 8:28 NASU)

Do what you can do

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, you're not alone. You have a Father who loves you and He's looking out for you. He knows what your future holds, for He's already there working on behalf. Your past is not an obstacle to Him - He's forgiven you and He's busy redeeming wasted years, so that's covered as well. As for your present? "The Lord is my helper; I will not be afraid. What can man do to me?" (Hebrews 13:6)

Trust God with the rest

"MY GRACE IS SUFFICIENT FOR YOU, FOR MY POWER IS MADE PERFECT IN WEAKNESS." THEREFORE I WILL BOAST ALL THE MORE GLADLY ABOUT MY WEAKNESSES, SO THAT CHRIST'S POWER MAY REST ON ME. 2 CORINTHIANS 12:9

Your inadequacies and weaknesses do not disqualify you for God's best. Just cry out for help and allow Him to give you strength to overcome as well as a new perspective. Whatever you're facing today, God is bigger. Even if the obstacle before you is of your own making, remember this: "If God is for us, who can be against us?" (Romans 8:31)

Stop looking inward and look outward

DO NOT BE ANXIOUS ABOUT ANYTHING, BUT IN EVERYTHING, BY PRAYER AND PETITION, WITH THANKSGIVING, PRESENT YOUR REQUESTS TO GOD. AND THE PEACE OF GOD, WHICH TRANSCENDS ALL UNDERSTANDING, WILL GUARD YOUR HEARTS AND YOUR MINDS IN CHRIST JESUS. PHILIPPIANS 4:6-7

Don't get "worked up." Instead, look up! Take the emotional energy and time you're wasting on worry and use it for prayer. Lay out your needs and ask God to show you what to *do* or *not do* in the situation. Remember, "if any of you lacks wisdom, he should ask God, who gives generously to all without finding fault, and it will be given to him" (James 1:5).

