



Trusting in the Promise of Jesus

In-Home Discipleship Worksheets for Families

Faith in Real Life

Alex, who is a really great High School athlete, found out that all of the pain he was having in his lower back was due to a rare genetic defect. It had gone undetected by doctors for a very long time, but finally one doctor started to solve the puzzle. Alex's back had a curve in it that was causing pressure on his ribs and pelvic bones. He needed to have surgery or within ten years he would be unable to walk because of the pain.

This was scary news to Alex. For one, he didn't want to have surgery. The whole idea terrified him! The second problem was that he loved sports so much that he didn't want to miss out on the next two seasons of soccer and basketball. The doctor told him he would be in therapy for at least six months. Alex was sad and disappointed; he wouldn't be able to play. Alex went to talk to his coach the next day. He was surprised when Coach said, "Thank God they finally figured out what is wrong with your back!"

Alex didn't want to hear that; he only wanted the problem to go away so he could play sports. The coach put his arm around Alex's shoulder and said to him, "Alex, if you don't do this surgery, you will be crippled some day. You have to think of your future, not just this moment. God will be with you to comfort and heal you, but you have to do your part too."

When We Are Going Through Bad Times ...

Why is it so disappointing when things don't go our way? Often, we get frustrated and angry. Our first thought might be to blame God for our misfortune, but God does not want us to be in pain. God is the one who walks with us through the pain.

God promises that we can bring to him our fears and frustrations, knowing that God loves us. As the Bible says:

Humble yourselves, therefore, under the mighty hand of God so that at the proper time he may exalt you, casting all your anxieties on him, because he cares for you. (1 Peter 5:6-7)

Some things to talk about:

- ▶ What would you say to Alex if he was your friend?
- ▶ Where is God in the midst of all our struggles and trials? How do we know?

Lord God, hear our prayers and answer us when we call. Help us to trust in your holy will for our lives. Comfort us when we are hurting and show us your Fatherly love always. Amen.



Read in Your Bible: Psalm 23

In this psalm, the writer expresses his confidence that God is watching out for him and will provide for his needs. Like a Shepherd who cares for the sheep, God takes care of us — even when it might not feel like it. In difficult, we can take comfort in his presence.

Sometimes we face struggles and dark times, but God promises to be with us and to see us through. As Psalm 23 says:

“Your _____ and your _____; they _____ me.” (v.4)