

# *I Cling to Jesus*

*Yvette Medina*



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Trusting in God even when you are not  
able to see the BIG picture.

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## A Message from Yvette Medina.....

Everyone will experience some type of difficulty at one time or another. A trial, a hardship, a trauma or devastation at some time in their life. Perhaps you've experienced it once, a few times, or perhaps it feels like it's almost every single day that you're in a trial.

I am no exception. I have experienced very typical daily trials, as well as some very devastating experiences in my life. It is my goal, to encourage you and let you know that you are not alone. I have been there too.

Though there have been the many tough years, and the many battles, I have also experienced God's presence and His comfort. He has been very good to me. Though many times I did not understand why I was going through such hard times, I believe now, that there has been a purpose for every

single trial I have gone through, and God has used those experiences to build my character, make me stronger and make me the person I am today.

Throughout your entire life, God allows you to make choices. You have the ability to make choices for every little instance you come across in your life. Even when you are in a difficult situation, you always have a choice. You can choose to handle things on your own, and try to get through it by your own power, and maybe even run away from Jesus – OR - you can choose to “Cling to Jesus” and allow Him to help you in time of need. Cling to Jesus and pray in your darkest times, and rely on Him for strength and comfort.

I admit, that I have attempted from time to time to run from Jesus and get through this life on my own, only to realize, that it is very difficult. I am not a strong enough person to do it on my

own. I have found that in my weakest times, if I can just “Cling to Jesus” and trust in His power, then I am able to get through the difficulties and make it through time and time again. It is His power and His strength that enables me.

A few years ago I was in the midst of a struggle and I felt abandoned. I spent many days and nights in tears and in a heap of sorrow on the floor crying out to God. Struggling for words to pray and not even having any strength left to pray them, God suddenly dropped a melody in my mind and I began humming. These were the words began to flow with the melody. “I Cling to Jesus – when I can’t go on. I Cling to Jesus – when my strength is gone. I Cling to Jesus – when my world is cruel. I cling to Jesus – and He carries me through.”

In that moment I felt the presence of the holy spirit like I had never felt before in my life. And from that day and for

many months after, that spirit was with me, giving me words and songs to help comfort me through that difficult time.

I am so thankful for the songs that God gave me during my time of sorrow that helped me wake up the next day and keep going. For a long time I kept them to myself as personal prayers between me and God. But as time went on, and more and more songs kept coming, I decided that it was time to share what God had done for me, in hopes that it would help others who may be struggling in their life.

My hope of this companion book is to encourage you and offer you scripture and prayers that will help you during your difficult times.

My prayer is that you will find a way to “Cling to Jesus” in the hard times, and in the midst of your difficulty, you will **CHOOSE** to continue to pray, learn to trust, and be reminded, that the Creator

of the Universe LOVES you and is there for you in your time of need, if only you will CHOOSE to let Him.

Know also, that there is a purpose for your struggles, that God is working through you and building character in you to make you better, stronger, and best of all, to give you HOPE.

Romans 5:3-5

“We rejoice in our sufferings, knowing that suffering produces endurance, and endurance produces character, and character produces hope, and hope does not put us to shame, because God’s love has been poured into our hearts through the Holy Spirit who has been given to us.”

May you find the HOPE of Jesus, in your time of need, and know that God is there in your sadness, your darkness, and with you every step of the way. He is with you in your daily walk, and He will bring you through to happier times.

## *It's Just the Beginning*

It is often times very difficult to see the BIG picture in our lives and to see what is going on “behind the scenes” so to speak. The Bible tells us that “All things work together for good, to those who love God and are called according to His purpose.” Romans 8:28

Why then, during our struggle, or hard time, do we question God with “Why is this happening to me? Or “God, why are you allowing this to happen to me?” Both of these are actually very good questions. But, HOW we ask them is the key. Are we asking God out of frustration or possibly even anger? Are we yelling at God or maybe even cursing at Him? If we take a step back and ask the same questions with a calmer spirit, “Why Lord, is this happening to me?” “Why are you allowing this to happen in my life?” Stop yourself, and ask God to remove the anger so that you can be still and

listen to what God has to say. Add other questions to help you understand and help you communicate with God and show Him that you want to learn from this experience, and that you want to see the outcome, even if you can't understand what is going on at the time or why it is happening. Ask the Lord, "What are you trying to teach me in this situation?" "Are you working things out for me that I am not able to see?" Remind God of His word and how He promised to work things out for your good. Remind Him that you love Him, and that you are confident of His love for you, and you know that He wants what is best for you. Ask Him for patience and trust in your situation when you are not able to see what is going on.

Pray –

Lord God,

Here I am in another situation that I just can't understand. I cry out to you Lord and can't understand why this is happening. Help me to step back and think about my situation in a new way. Help me Lord to trust in you and know that you are working things out even though I cannot see with my eyes right now. I don't understand why this is happening Lord, but I know that you love me and will work the situation out for my good, in YOUR time. But as I go through this Lord, help me to be patient. Help me to trust in you and in your spirit to give me strength to go on. Wipe away my tears Lord and renew my body and mind with YOUR strength and YOUR love. Give me wisdom Lord to discern what is going on and guide my tongue that I might watch my words and not speak negatively in this situation. Help me to trust that things

will work out in the end for your Glory and though it looks like the end for me right now, help me trust that this could be just the beginning of something wonderful that you have in store for me. I may not be able to see the bigger picture or the purpose right now, but YOU can. I believe in you, I Love you, and I trust you Lord.

In Jesus name,

Amen

## *Everything's Gonna Be Alright*

Isaiah 43:2

“When you pass through the waters, I will be with you; and when you pass through the rivers, they will not sweep over you. When you walk through the fire, you will not be burned; the flames will not set you ablaze.”

The new living translation adds a few extra words to this verse that help to apply it to our daily lives. “When you go through deep waters, I will be with you. When you go through rivers *of difficulty*, you will not drown. When you walk through the fire *of oppression*, you will not be burned up; the flames will not *consume you*.”

This verse is a reminder, that God promised He will be with me in difficult times. It is my comfort that He is always there and that everything is

going to be alright. You may ask why? Or how can you know this for sure? I know this because it is in God's word. I know this because I believe God's word is true. I know this because I know God loves me.

There are always ups and downs in this life, and I know that it can be difficult to feel God with you when you are in one of the low parts of life. But remember He is there. He is with you, and he is pulling you through.

When things get really bad in your life - keep the faith - because God has promised - "Everything's Gonna be alright."

Pray -

Dear Lord,

I believe in your Word. I believe in your love for me. Your word tells me

that you will be there with me in difficult times. Your word tells me that I will not be overwhelmed by the waters or consumed by the fires that so often come my way. Your word tells me that YOU will be with me when they do. I believe this and know that if YOU are with me, then everything will be alright! I may come to raging rivers and roaring fires, but you have promised to be there by my side through them all. I find comfort in YOU and in your promises.

Thank you Lord for your promises, and thank you Lord for being with me in my times of need.

I love you Lord,

In Jesus name,

Amen

## *A Little Bit of Heaven*

Our world is so fast paced and everything seems to move at full speed all the time. Sometimes we get so busy with our daily lives that it's often difficult to find time to breathe, and even more difficult to find or feel God's presence all around you.

But - if you make a conscience effort to **STOP** what you are doing, look around at your surroundings, and look up from your electronic devices, you **WILL** see God's beauty all around you.

I see so many amazing sights and breathtaking views, whether I am just in my own backyard or on a summer vacation on the beach. God's creation and beauty is all around us!

I often times try to imagine what heaven will be like, and I cannot even conjure up in my mind how amazingly beautiful

it will be, and so I like to think that the little glimpses of beauty that God gives me here on earth, are little glimpses of what heaven will be like. Although, I'm sure heaven will be FAR more breathtaking than anything I will ever see here. But for me, the beautiful earth God has given me to live in, is just a "Little Bit of Heaven" that I hope to see one day. And that little bit of hope, gets me through to another day. Just to know and feel, that He is here, and He is always with me.

Matthew 28:20 "I am with you  
ALWAYS."

Pray –

Lord,

I thank you today for your creation and the beauty that you surround me with. Thank you for my eyes and my senses that can take in all the beauty around

me and thank you for creating a world so beautiful for me to live in.

Forgive me for getting caught up in my busy life, and in technology that tends to consume my thoughts and my time. Help me to look UP toward you and to the things around me so that I can enjoy this beautiful world you have given me that reminds me that you are always here with me. Your creation amazes me and I can only imagine what heaven will be like one day. Thank you for my little glimpses of heaven that you give me, whenever I see a sunrise, a sunset, a majestic mountain, a dynamic ocean or a breathtaking rainbow that overtakes the sky.

You are an amazing creator and I adore you Lord. Thank you for all you have given me.

In Jesus name,

Amen

## *I Cling to Jesus*

Falling on your knees. Crying out in agony. Tears of desperation. No one to turn to. Thoughts of suicide. Hopelessness. Depression. Heartache.

Have you ever been there? I've been in that dark place, more than once I'm afraid.

Times of abandonment, all alone in a heap on the floor in a pool of tears. Yep, I've been there. Friends are gone, family is nowhere to be found and my world is just one cruel place to live.

All strength is gone in these moments the only thing that I can hold onto or cling to, is Jesus. Sometimes I can't even find words to pray and the only word that comes out of my mouth is "Jesus".

Have you been t here? It's not a fun place to be. But it is in our brokenness that we can experience God's grace and feel His love for us.

Sometimes God does allow these situations to happen in our lives for the sole purpose of drawing us closer to Him. I know that when things are going good in my life, I tend to pray less, and seek Him less. But when I am in the middle of a trial or put in a situation that is so overwhelming for me, I find myself on my knees and calling out His name. Somehow, time after time, He picks me up and helps me to go on to another day. And though I cannot see it at the time, the joy I experience later seems to be more fulfilling, and it is probably because I allowed Jesus to help me and I relied on His strength to get me through.

I wish I could tell you that these times would never come for you. That your life will always be happy. But the

reality is, most of us will feel this type of desperation at one time or another.

I pray that you will just hold on. “Cling to Jesus”. Make the choice to cling to Him. Don’t run away, and please don’t give up. Keep praying! Even if your prayer is only “Jesus – Jesus –Jesus!” Keep praying. He will not let you down. He wants you to cry out to Him. He wants to know you need Him. He wants you to allow Him to make you whole.

Pray –

Heavenly Father,

Your word tells me that “In this world we will have trouble.” But you also tell me to “Take heart, for you have overcome the world.” John 16:33

Well Lord, I do have trouble. And sometimes it feels like it happens time and time again. I do not always

understand why, but I do know that I will cling to you in my times of trouble. My desire is to be closer to you Lord, and my heart wants to trust in you Lord. So many times Lord, my problems overwhelm me and my heart is so broken that I cannot even figure out words to pray or what I should even ask for. In these times Lord, all I know to do is say your name. Your name somehow gives me peace Lord, and so I will say it over and over. “Jesus – Jesus – Jesus. Father – Father – Father.” “Jesus – Jesus – Jesus.”

Help me in my time of need Lord. Help me Lord. Help me Lord. Cover me in your spirit Lord. Help me Lord. Let me feel your love Lord. Help me Lord.

## *Beauty of the Cross*

Crucifixion. Such a brutal and horrible way to die. And the way that Jesus was crucified was horrific and cruel. The cross that was used was merely two pieces of wood nailed together in the form of a cross for the purpose of nailing a person there to suffer and die. Envisioning this is not a picture of beauty is it?

But what was accomplished by the death and resurrection of Jesus Christ is what makes it beautiful.

The love that he had for us is beautiful. The sacrifice He made for us is beautiful. The reconciliation with God is beautiful. The removal of sin is beautiful. The hope of eternal life is beautiful.

“Greater love has no man than this, than to lay down His life for His friends.”

John 15:13

How amazing and how awesome it is that God would do this for His people. I am so thankful.

Pray –

Lord,

I can never thank you enough for what you did on the cross. Your love for me amazes me. Your sacrifice for your people is incredible and you are an awesome God. Thank you for loving me enough to die for me. I long to be with you one day Lord, and spend eternity with you. I worship you and praise you for you are holy and you are a good God. Thank you Lord for your blessings and for your love! Thank you, thank you, thank you.

In Jesus name.

## *Sorrow Into a Song*

I admit to falling short, and getting frustrated with God from time to time. Sometimes I have felt that I pray for something over and over and over, and I still see no resolution. It is in these times that I cry out to God and remind Him of His power and I remind Him of His miracles! Miracles from the beginning of time when He created the earth, all who dwell on it, and created life! Miracles of when He walked this earth, healed the sick, calmed the storm and brought the dead back to life! He has the power to change any situation for “With God, all things are possible!”  
Matthew 19:26

One of the hardest things for me in life is when I feel powerless. The times when I have NO control over a situation. Yet these are the times that God loves to show His power. When we recognize those times and turn to

Him and depend on His power! It is also in these times that we learn patience. We have to wait on the Lord, and allow Him to work in His time. That is another area that I tend to struggle with, and so I do the only thing that I know to do, and that is to pray. I pray and I pray - and then I pray some more.

Prayer –

Lord,

I come to you again, feeling helpless and powerless, and where the situation is NOT in my control. I pray Lord for your help. I pray Lord for patience. I struggle with worry and the fear of the unknown Lord and I need your spirit to dwell in me and calm my spirit. Give me peace Lord and help me to remember that you are in control of ALL things. Help me to remember that you are working things out for my good. You are a God of miracles! I

believe your word and I believe all the miracles you have performed were so I could see your power! You are a mighty God! You can change ANY situation Lord, and right now I need you to change mine. I need a miracle Lord! You have done so much for me Lord and have blessed me each and every day and I am so thankful. I pray Lord that YOUR will, will be done, and that I will have the patience and the understanding to accept things if they do not go my way Lord. I pray in the name of Jesus, that you change my situation Lord. I trust in you alone God. You are my strength and my shield, and my heart trusts in you God. Work a miracle Lord! Work a miracle!

In Jesus name.

*We'll Always Remember ~  
Nine Eleven*

Trials and darkness always come into our lives, but on 9/11 2001 our Nation was hit as a whole with devastation as we witnessed together terrorism first hand in the states of New York, Washington and Pennsylvania. This was the worst act of terror I had ever witnessed in my lifetime as I'm sure it was for many of you. Watching the horror as an outsider was, and always has been very difficult for me and my heart breaks year after year for the people that were directly affected.

As I watch the documentaries of the event year after year, I heard someone say once, that "People on the outside witnessed the evil side of people and what they can do, but the people on the inside, witnessed the good in people and what they can do." How very true that statement is. For us on the outside, it

was very difficult to see the good in that day. But so many people DID experience the goodness and kindness of others on that day, in a way that not very many people ever get to experience. People helping people. People who sacrificed for complete strangers, and people who gave their lives so that others could live.

“God is our refuge and strength, a very present help in trouble.” Psalm 46:1

God was there on 9/11. So many people turned to Him and cried out to Him on that day and in the days after. God is still with us today and He continues to heal.

We need to remember, that God is with us in our smallest of trials, as well as the biggest of trials, just as He was on that devastating day of 9/11.

Pray –

Lord,

I know that you are with me in good times and in bad. I know that you never leave me. Help me to remember that you want to help me through dark times. Whether I am in a small trial or a big trial, YOU are with me.

You have shown your presence to our nation Lord on devastating days such as 9/11 and I know that you helped people then, and you still help people today.

You are my comforter. Sometimes in the midst of my trials, it is hard for me to see you and feel you, but it is then when I need you most. Show me your presence Lord, and let me feel your spirit all around me.

Thank you for healing my past wounds and for bringing me through some very dark times. I know that you are always

with me, and I need you with me every  
day of my life. Thank you Lord.

In Jesus name,

Amen

## *Child of the Master*

So many of us struggle with self esteem and self worth. For many years I bought into the lies of the devil, and the words of people that would bring me down or tell me that I was nothing or I was a terrible person. Why do people feel compelled to share hateful words with others? The Bible says “The tongue has the power of life and death.” Proverbs 18:21

How many times do you hear of a suicide from a young person who had been bullied or someone who did not feel worthy enough? The words that we use can crush a person’s soul.

It is so important for you to realize that your worth and your value come from the Creator. The Creator of the universe who loves you. The Creator who loved you enough to give His life for you.

People will always let you down and will so often times hurt you. But God is always there to love you and to pick you up when you've been torn down. I am not telling you to never to listen to others, or that what people say does not matter. And I do not want you to feel superior to others because of this. I just want you to remember that your worth and your value come from God. Do not let yourself be torn down by the words of someone else who means to harm you. Remember that you are LOVED by God. Remember that you are His creation and that He delights in you. Live your life to be pleasing to Him.

Be wary also of getting caught up in comparison. With social media so dominant in our culture today it can be easy to get caught up in comparing your life with others. Try to remember that people are only posting the good things in their lives and underneath it all,

everyone is going through some type of struggle. Their life is NOT better than yours and you are not isolated in your struggle. Most people just do not post their struggles for everyone to see. They only want you to see the good. You do not have to work so hard to be pleasing to others or compete with what others are doing and posting on social media. Find contentment in your life and with what God has given you. Remember how much YOU are loved by HIM.

Pray –

Dear Lord,

I find myself getting down again. I hear the words of others and Lord I start to believe them. Help me Lord to remember that my worth and my value come from YOU. Remind me Lord, of how much YOU love me. I want to feel your presence Lord, and forget what the world tells me. I don't want to

compare myself with others lives and with what I see on the outside. Help me to remember that social media is not reflecting REAL life. I don't want to live a life of comparison Lord. I want to be content with the blessings that you have given me. I want to know that YOU are for me, and if YOU are for me then who can be against me Lord? Give me peace in my spirit Lord to know that it doesn't matter what other people may say, that I am a Child of the Master of the Universe! I am YOUR child, and I am worthy in YOUR sight.

In Jesus name.

## *Don't Be Afraid - I'm Just Gonna Pray*

I don't know how many times I have been in a situation that has overwhelmed me and I have needed to call on the Lord. Some situations are just too hard for me to bear alone, and yet when I go to pray, I just cannot find the words. For this reason, I have true friends. I have friends that I am able to call on for prayer in my time of need. When I cannot gather my thoughts and find the words to pray, my friends step in and pray for me. They go before the throne on my behalf. I cannot tell you how important that is for me to have friends like that to call on. I encourage you to find friends that you can trust and who will pray for you when things get hard. People that you know will NOT judge you in your situation, and who will NOT gossip about your situation, but they will call on Jesus and will help you pray. The Bible tells us

that “Where two or three are gathered in my name, there I am in the midst of them.” Matthew 18:20

Not only is it important for you to find and have friends like this in your life, it is also important that you BE this kind of friend to someone else. Be that someone that they call on in their time of need and when they need prayer and do just that. Lift them up. Pray for them and go before the throne on their behalf.

James 5:16 “Therefore confess your sins to each other and pray for each other so that you may be healed. The prayer of a righteous person is powerful and effective.”

Pray –

Lord,

I need friends in my life. I need people to help me in my time of need and I need people that I can trust to pray for

me. Help me find even just one person that I can turn to when things get hard Lord. Someone who loves you and believes in the power of prayer as much as I do Lord.

Help me too Lord, to be that kind of friend to someone. When I see someone in need Lord, give me the words to say that will let them know that I am a true friend and that I am willing to pray with them and call on you in their time of need.

Help me to humble myself and share my burdens with others, and also to humble myself before you for not only my needs, but for the needs of others. We need your strength Lord in difficult times and I want to have friends to help me call on you for that, and to be a friend to help others call on you as well.

I pray this in your name Lord,

In Jesus name.

## *That Kind of Love*

Have you seen love in action before?  
Love of a stranger to someone in need?  
And have you wondered, “Wow – how  
can they do that and they don’t even  
know that person?” Sometimes it’s  
easy for us to love our family and that  
seems to come so natural, but there are  
people who will sacrifice for others and  
show love to people that they do not  
even know. That love to me is  
Amazing. That love comes from God.  
And that is what He has called each of  
us to do. We are to love God, and love  
others. And that doesn’t mean just your  
family. God loves each and every one  
of us and you can be a blessing to others  
by showing LOVE.

Luke 10:27 – “Love the Lord your God  
with all your heart, with all your soul,  
with all your strength and with all your  
mind; and love your neighbor as  
yourself.”

Pray –

Lord,

You love me so much and I am so thankful for your love. I want to love others just as you have loved me. It's easy for me to love my family and the people that I am most comfortable with, but Lord, I want to go beyond that and love people the way you want me to love people. Help me to seek out people Lord, and show love. Use me Lord, to reach out to others even when it feels uncomfortable. Help me to bless people and get to a place where it just comes natural to love people and show love. Let me be a light that people see, and they wonder why I am so loving. And let me be able to respond, and tell people, that it is through YOU that I learned to love! The love you have shown for me, I can now share with others.

In Jesus name.

## *Are You Ready*

Do you need Jesus? Are you ready to have a relationship with Him and let Him help you in your times of need? He wants to have relationship with you, and not just in your hard times. He wants to be there and walk with you in your daily life. When things are good, and when things are bad. He is a friend like no other. He is always there and is waiting for you to call on Him.

Pray –

Lord Jesus,

I have waited too long to call on you. I realize now how much I need you in my life. I come before you now Lord, on my knees, asking you to come into my life. I want you to be a part of my life Lord, in the good times and in the bad. I want to know you Lord and I accept you as my Lord and Savior. I know that

I have sinned Lord. Please forgive me. I am unworthy. I know that sin separates me from you Lord, and I no longer want to live apart from you. You died for me on the cross Lord and you took on my sins. You rose from the grave and conquered all sin. You took the punishment that I deserved and I am so thankful Lord. Please forgive me Lord. Please come into my life and be my Savior. I want to cling to you. From this day forward Lord, I want to praise you and live for you. Please send your holy spirit to help me live a life that glorifies you. I want to turn from old ways Lord, and I want to Cling to Jesus.

You are my Savior Lord!

In Jesus name.

Date I committed my life to Christ

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*Notes*



*Notes*



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## *Prayers*



*Prayers*



## *Prayers*



*Prayers*

