

WHAT READERS ARE SAYING

If you are tired of hearing the same empty advice and well-meaning cheer-you-up lines when you are suffering, you need this book. Faith Doerr understands why these words feel meaningless and even make your pain worse. She takes us to God's Word, where His truth is the only place to find peace, comfort, and identity.

—**JILL LEVENHAGEN**, editor and founder, LUTHERWOMAN

Where will we turn for wisdom, comfort, or counsel within a culture of catchphrases and self-help sayings that tickle our itching ears? Too often, I've fallen for everyday platitudes (and the empty promises they contain) because of their modern-day allure of self-reliance. After all, "God won't give you more than you can handle," right? Faith Doerr courageously challenges several touchy topics like this one, uncovering commonly held myths tucked within such sayings and exposing their potential to harm, deceive, or disillusion us. She expertly maneuvers each topic of so-called self-help, skillfully debunking it through engaging stories and insightful truth, squared in Scripture and centered in Christ, our source of strength. This book will change your approach to the way you face challenges, sorrows, fears, and frustrations. The words within these pages will guide you straight into the arms of Jesus for real and lasting help and hope—in lieu of the shallow or short-lived kind you'll find in self-help sayings or cute quotes. With a personal touch, Faith will guide you to the good Word from God that's incomparably better than even the most popular platitude. She will lead you to actionable steps through summaries, practical applications, "Gentle Reminders," and "Journal Prompts." You'll likely turn to these pages time and again for powerful reminders of the truth in Christ that sets you free from toxic me-first messages amid a culture saturated with self-help. This brilliant work receives my highest recommendation!

—**DEB BURMA**, Christian author and speaker; CPH author of *Joy: A Study of Philippians*, *Be Still and Know: A Study of Rest and Refuge*, and others

WHAT READERS ARE SAYING

God's Encouraging Word provides a path to finding strength and hope in Jesus in the midst of life's challenges. Each page reflects the promise of God's unwavering love and grace paired with intentional and practical tools to bring the reader closer to Him. Whether seeking solace in times of struggle or inspiration for the journey ahead, this book will encourage readers, uplift their spirits, and renew their hearts to look to Jesus in every aspect of their lives.

—**DR. ASHTON POPPLE**, chiropractic physician

I just read a book that made me laugh, cry, and nod my head because I felt seen and understood. What's better is that I get to call the author a friend. Faith uses her life's struggles to equip her; her past pain and disillusionment make her a wise and compassionate guide. Best of all, Faith points us to Jesus and God's Word in a way that is genuine and applicable to our everyday lives. Go ahead and order several copies at once! As you read, you'll think of a dozen friends you want to gift a copy to.

—**LINDSAY HAUSCH**, Christian author and speaker; CPH author of *Take Heart: God's Comfort for Anxious Thoughts*, *God's Provision in a Wilderness World*, and others

GOD'S ENCOURAGING WORD

True Comforts When
Worldly Advice Fails

FAITH DOERR



DEDICATION

To my husband, Preston,
for believing in this calling long before
I believed in it myself.



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INTRODUCTION

Hey, friend! Thank you for picking up this book. Before you start reading, though, I want to share some thoughts about this book and the reason I decided to write it.

On a beautiful fall Sunday afternoon, my dear friend and I went to a charcuterie build class. There, we were taught how to pair different meats, cheeses, nuts, and fruit while layering them beautifully to make an attractive charcuterie board. (It's adult Lunchables, and I'm forever in love.) As we sat making our boards and chatting about my upcoming manuscript deadline, a couple at the same table asked about my book. Immediately, I went into my brief explanation: "I take the most common self-help phrases, debunk the phrases, and draw attention to the toxicity of them. Then, I turn to Scripture for what we can do and say instead." One of them asked when she could buy this book because she knew she would need it. Immediately, I thought, *I need this book too!*

If you talk with someone who creates things (books, for example), they may say something like "I made it because I needed it." This rings true for me. God uses moments throughout my life to bring good. One of the good things is this book. He brought my attention to common phrases we hear almost every day and prompted me to ask the following:

Where is God here?

Where is Jesus?

The phrases discussed in this book are common, so you've either heard or said at least one of them. I confess that I've said these phrases, thinking I was offering comfort and support until someone said them to me, and I *wasn't* comforted. Every time I hear something like "God only gives us what we can handle" or "I know you feel bad, but others have it worse," I hear the nails-on-a-chalkboard sound in my head. I physically cringe. Not because they weren't trying to offer comfort, but because the people saying these things are not aware of the difference between sayings like this and genuinely helpful things to say instead.

I couldn't get these instances out of my head. I knew I wanted to change this. And that's where the idea for this book came from.

When we are riddled with despair, sadness, grief, anxiety, inadequacy, perfectionism, or shame, we often turn to self-help media. We read books and watch Instagram feeds about how to take back our power. We watch TikToks and Instagram Reels with me-first messages. They offer quick tips and little phrases seemingly intended to make us feel worthy. These phrases, so many times, can uplift us for a moment, but they never sustain us.

These are some of the most common phrases people use to help us feel loved and overcome our moments of sadness, inadequacy, and shame. Well-intentioned as they are, such platitudes don't honor us. They give us a high that can get us through a few hours or even a few days, but in the silence of the night, when the devil comes to devour us, that mood comes crashing down.

Instead, there are words and phrases that *do* sustain, uplift, and heal: Scripture, which God has provided for us. Certain verses bring us comfort, hope, and joy, and we can call on them and God to truly hold us in moments that feel heavy and overwhelming.

From the beginning, Satan was deceptive and had Eve doubting what God said to her. We can go to chapter 3 in the book of Genesis. Satan spoke, "Did God actually say, 'You shall not eat of any tree in the garden?'" (3:1). One question plants a small seed of doubt in her mind. After Eve told him what God said, Satan proceeded to say, "You will not surely die. For God knows that when you eat of it your eyes will be opened, and you will be like God, knowing good and evil" (3:4-5). The father of lies used seemingly simple words to call God a liar.

Just like Eve, we are tempted. We fall into the trap of doubt in our sovereign Lord and wonder if we can be like God. Our flesh desires just that. Now, if I were to ask you, "Do you want to be like God?" you would probably respond with, "No. Never." Yet as this book takes us on a deeper

GOD'S ENCOURAGING WORD

dive into our thoughts, words, and actions, we will find that, at the heart, we do. We believe we can “fix it ourselves,” we can be “independent,” “rely on no one,” and “control our destiny.”

When Eve listened to Satan and reached for that fruit, disobeying God, sin came into this world and contaminated our very nature. Throughout the ages, sin has infiltrated many of our practices and sayings. Sayings that seem easygoing and helpful have become twisted and turned around. Instead of being comforted with truth, we are left with empty promises that are toxic to our mental health and cause unrealistic expectations of ourselves and those around us. What's worse, some of these sayings can cause us to think things about God and His Word that are false.

Instead of turning toward ourselves, we can turn to Jesus. When we see a friend struggling, wanting to help her through it can be such a wondrous thing. God created us to be in community with one another and to lean on one another. We can often become tripped up when we say things that put the light on us and our doings and not on Christ and His work for us. Biblical examples of how Jesus handled the misery and sinfulness of this world are there for us to learn. For example, He spent forty days in the wilderness, resisting temptation and not relying on His human ability but trusting the promises of God revealed in Scripture.

One of the things God reveals to us in the Bible is that *He* is our strength:

The LORD is my rock and my fortress and my deliverer; my God, my rock, in whom I take refuge, my shield, and the horn of my salvation, my stronghold. (Psalm 18:2)

My flesh and my heart may fail, but God is the strength of my heart and my portion forever. (Psalm 73:26)

Fear not, for I am with you; be not dismayed, for I am your God; I will strengthen you, I will help you, I will uphold you with My righteous right hand. (Isaiah 41:10)

Be strong and courageous. Do not fear or be in dread of them, for it is the LORD your God who goes with you. He will not leave you or forsake you. (Deuteronomy 31:6)

You now know the why for this book; here's the how. I'm a practical

person. Give me the research and reasoning behind your idea and support it with something practical I can implement. Since that's how I'm wired, I wanted to make practicality a feature of this book. At the end of each chapter is a summary of the top points, along with things you can do and say. This is an intentional, quick reference for those times when you need a response to someone.

Use this book over and over. Feel free to read chapters out of order if a saying you struggle with is pertinent. Also, because I'm an avid journal writer, I included some journal prompts in each chapter. Use these "Gentle Reminders" within the context of the Scripture in each chapter to ponder before you reach for your favorite journal and pen. Let the prompt take you wherever your hand and heart lead you.

My prayer for this book is that it brings you to the hope we find only in Christ Jesus.

MYTH 1

JUST BE POSITIVE

“I know things are hard right now, but just remain positive.”

“Think happy thoughts.”

“Smile; it’s not a big deal.”

“You should be thankful. It could be worse!”

“Just be positive” (and its various forms) is a saying many people (myself included) use to encourage someone who’s feeling down. We believe it will lift people’s spirits, but it often leaves them feeling worse. I once asked a group of friends what they thought about this saying. They responded with comments of “Oh, boy. Faith, don’t even start” and “This can help me how?” Then they shared personal stories with me about when they received it, why they didn’t like it, and how it didn’t serve them in their time of need. The floodgates had been opened.

The common phrase “Just be positive” showed up for my husband while he was working on his golf swing. As if his technique would suddenly improve if he just thought positively when he swung his driver. It left him feeling frustrated. This phrase left my friend, who was trying for a baby, feeling defeated. With tears in her eyes, she said, “You mean, if I just think positively about becoming pregnant, I’ll magically see two lines on my next pregnancy test?” It left my sister, drowning in school studies, annoyed. At the time, she was working toward her bachelor’s degree in biology. She rolled her eyes when I asked her for her thoughts. She wanted to know how positivity would help her remember all the chemical compounds and equations she needed for her upcoming final test. Spoiler alert: It didn’t.

These people and others shared with me their vulnerable moments and how this saying left them feeling inadequate, defeated, ashamed,

angry, annoyed, or frustrated that their feelings were not validated. They expressed their need for comfort, and their loved ones tried to be encouraging but resorted to using a cliché. How much easier would life be if “Just be positive” made all our worries go away? Man, how fantastic would that be? We would be able to say, “My loved one’s sickness is a bad thing, but we think it’s a wonderful experience!” Or “My joblessness is causing a mountain of debt, but it’s all good!” We would all become like Glinda in the Wizard of Oz, waving around a wand, smiling benignly, fixing everyone’s problems, or Wendy in Peter Pan, defying gravity and flying away to the land of eternal childhood.

Now, please know that I think there is a place for positive thinking and for looking for the silver lining of a dark cloud. There is a rightful place for being grateful for the blessings God has bestowed upon us and not letting despair overtake us. I mean, the opposite of positivity is negativity. Yet maybe it’s not helpful to throw out a few easy words when people are struggling with something that can’t be easily or quickly fixed.

WHEN IT’S ALL THAT COMES OUT

How often does the phrase “Just be positive” come out of our mouths before we even assess the situation? Before we take time to digest the gravity of the conversation, we speak as if our minds can’t handle the discomfort of someone else’s sadness and struggle. It’s easier to tell someone to just be positive than it is to take an active listening posture to what is causing her pain and ask what we might do for her. Our knee-jerk reaction is to put a verbal Band-Aid on negative emotions. We say, “Oh, it’s all good—it’ll work out,” instead of taking time to just listen, to just be there.

When we simply listen to people express their sadness, grief, or frustration, we allow them to process their emotions, and we honor them right where they are at that moment. Then we can, with the help of the Holy Spirit, lead them to the One who can truly comfort them in their time of need.

Not long ago, I made this misstep in a conversation with my husband, Preston. We were deciding if we should purchase a new home. While the

one we live in served us well, we were outgrowing it. At the time, a house we were considering looked like it wasn't an ideal fit and would stretch our budget more than we were willing to allow. We are diligent budgeters and fully believe in the "live below your means" motto. But about a week later, we realized that the house was potentially a gem and we may have missed out on a great find for a great price. My husband expressed regret and doubt about passing on the house. I responded, "Just be positive. It'll all work out."

Ahh, can you hear the nails on the chalkboard too? I immediately realized what I had done. I had completely ignored his feelings and implied that his concerns weren't important. I couldn't sit with my own doubt, so I responded with a flippant phrase that didn't bring him peace. In fact, it made things worse.

HAS GOD DESERTED US?

These moments lead me to the psalms where David and other psalmists express their suffering, pain, and turmoil yet always end up recognizing that they are in the arms of God. There they receive comfort, hope, and peace, even when they're in the midst of truly desperate circumstances. In Psalm 44, Israel had just suffered a national calamity, and the people did not understand why God would allow that. The psalm starts with past occasions when God had helped them:

You with Your own hand drove out the nations, but them You planted; You afflicted the peoples, but them You set free; for not by their own sword did they win the land, nor did their own arm save them, but Your right hand and Your arm, and the light of Your face, for You delighted in them. (Psalm 44:2-3)

They didn't understand how God could do all of that and still, in this moment, allow suffering to befall them. Like the Israelites and the psalmist, we may think God has deserted us or turned against us. It's in those moments of regret, doubt, inadequacy, and turmoil that we ask, "Why, God?"

That's when we are especially vulnerable to Satan's temptations. He thrives in that climate. When we regret and doubt, we are drawing away

from Christ. Often it starts small. (At least for me it does.) It goes from “I regret our decision to not buy that house” to “God won’t provide for us, will He?”

Wow! We get to that spot real quick, don’t we? Isn’t that how Satan works, though? He takes our small doubt and plants big seeds of “Will God do it? Will He bless you with a home? He doesn’t have to. Why would He bless *you*?”

Next thing you know, you’re sitting on your living-room couch questioning all of God’s provision for you. Do you have experiences like that? Do you ever face a difficult situation, a conflict at work, a daily trial when you’ve allowed one reflection to spiral into a mountain of negative thoughts?

IS IT A BAND-AID OR TRUE HEALING?

I wonder if that is why we are so quick to say “Just be positive” to our loved ones. We know firsthand the spiral of negativity that can play out and have no desire to go down that path, so we offer someone we care about the quickest Band-Aid we can think of and hope it sticks. Yet what if in those moments, when our loved one is riddled with negative emotion, we instead point them to Christ?

When my husband expressed doubt about our house decision, I wanted to help but didn’t know how. I took the quick and easy route without giving it thought, responding with a cliché that can be found on home decor and gift items. I genuinely wanted to alleviate his tension and bring some form of relief and comfort. But I didn’t.

I think about that conversation, and others like it, and wish I could have a redo. I wish I could have a mulligan. I wish I could have witnessed to Preston that God’s provision is not a cliché on a plaque at Hobby Lobby or Target.

I might not have come to that point if the phrase “Just be positive” hadn’t been a refrain during my second pregnancy. Pregnancy has a way of reminding you that your body will do whatever it needs to do to provide a healthy environment for that baby. Everyone experiences it

differently. Some women look and feel like they were truly made for it. They glow and have no complications. They love the process, and the process loves them back.

My story is different, and I am not a fan of being pregnant. My feet swell so much I can't see my ankles. I am nauseated, and during those weeks, I gag at the thought, sight, or smell of chicken. All I want to do in the first trimester is sleep. And when I'm not sleeping, I contemplate throwing up now or later. I feel nauseated the other two trimesters as well. As the baby grows, I am unable to find any comfortable position to sleep in. It's not a pretty picture. But through all that discomfort, the end product is a beautiful baby handmade by God Himself. The end result outweighs the nine months leading up to holding that precious baby in my arms. Of course I'm aware of that every moment during my pregnancies—but I don't feel better when I'm told that positive thinking will make my nausea go away.

Back to that awkward morning. I was four months pregnant with our second child, Ezekiel. My belly was like a perfect little basketball—a fact that I was in no way ready to face. Like any pregnant mama, I reached for the beloved ponytail elastic band, expecting that by looping it around the button and through the buttonhole of my pants, I would get a few extra days or even a week longer out of this pair. Yet as I hooked the elastic, black ponytail band on the button of my jeans, it had a different idea. I tried again, this time placing it into the hole first and then looping it around the button. POP! It flung across the room. It took barely a second for my mind to realize what had happened. My body was telling me, “Not today, Faith.” I slumped down onto my bedroom floor and started to bawl the kind of crying that is filled with exhaustion, overwhelming thoughts, and a touch of despair.

It was the third time that week that putting on an outfit had made me cry. Here I was, unable to wear my favorite jeans when I really wanted to. I always get a little boost when I put these jeans on. Do you have a pair like that? Wearing them makes you feel like nothing can wreck your day. For me, it's this pair. I wanted to fit into them so bad, but on that day, it

wasn't going to happen. I knew it was coming but was in total denial it would come so soon. Yet here it was. My clothes were telling me it was time for the pregnancy jeans.

It's during times like this—when you're feeling defeated—that people like to give some kind of encouragement. “Faith, just be positive. Pregnancy doesn't last forever.” “Faith, be thankful you even are pregnant. Many women don't have the honor of being a mother.” Our friends and family truly want us to feel better. They want to encourage us and remind us of the blessings in our lives. Can I just say, I love that about people. How fantastic that God has given us a community to go through this life's trials and joys with.

Yet in the middle of our needs, easy responses often don't leave us feeling empowered. Instead, we feel frustrated, annoyed, or even deflated.

WHEN IT DOES MORE HARM THAN GOOD

When we say “Just be positive,” we risk disregarding the feelings of the person we are trying to comfort. Anytime someone spoke these words to me while I was pregnant, I felt guilty. “I guess I can't cry right now. I should just be positive.” “Being positive will get me through this moment.” “Others are happy, so I should be too.”

This is permission for you to stop with that feeling. Thoughts of shame, perfectionism, and doubt will never sustain you. Forcing a smile will not make the weariness or despair go away forever. If it did, we wouldn't need Christ in our lives. Why turn to the cross and the sacrifice Jesus gave for us there when we can just smile all our tears away?

Now, maybe you're not pregnant or thinking about buying a house. Instead, you are going through something else that causes people around you to tell you to just be positive. Perhaps you are in a toxic workplace with a toxic boss or coworker. Maybe it's a family situation that feels like there is no resolution in sight. Maybe it's not your job or your family; instead, you have a private matter or an illness making you struggle with your thoughts. Your mind fills with thoughts of sadness, and you tell

yourself you need to be positive, to think it all away instead of dwelling on whatever emotion you are feeling. Whatever the circumstance, thinking positively will never carry us through the hard times. Sure, it may help us for a few minutes, a few hours, or even a day, but when we're on the floor bawling, it's not positive thinking that brings comfort.

It's Jesus.

GOD LEADS US TO HIS PROMISES, NOT SHAME

Paul writes this in 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.

These verses talk about rejoicing in our sufferings. Now, wait . . . I'm supposed to be *happy* about suffering? When I first read that, I laughed out loud. Really? Paul is saying when I'm going through the trials of life, I should *rejoice*? It sounds like an oxymoron, doesn't it? As we read, we learn that God works through His Word and the Holy Spirit during our suffering. It is the Word of God and the action of the Holy Spirit that produces endurance, which produces character, which produces hope. Hope in a Redeemer does not put us to *shame*.

About that word *shame*. In this world, suffering evokes shame. As a verb, the word *shame* means “to dishonor or disgrace”; as an adjective, it means “to be ashamed.” Shame tells us we are unworthy of love and belonging. Satan tells us we should be disgraced and filled with dishonor and shame for who we are. While shame leads us down that negative spiral, Satan wants us to languish in our original sin. He wants us to stay in the mindset of despair and feelings of unworthiness. When we spend time feeling as if there is no hope, as if our shame condemns us, Satan jumps up and down with glee.

But in those moments of unworthiness and shame, Jesus reminds us of the work He has already done for us. He came as a baby, lived a life

of obedience, then suffered, died, and rose again. He paid the price for original sin and all sin committed since. He sacrificed Himself for us, took on all the dishonor, disgrace, and shame. This defeated Satan completely and once and for all.

Through our Baptism, we are given the glorious sacrifice of our Savior—a sacrifice made for us long before we were born. With this gift, our sin is removed and replaced with the righteousness of Christ.

WE ARE UNWORTHY BUT STILL CHOSEN

When we dive into 1 Peter 2:9, we read that like the Israelites, we are the chosen people of God:

But you are a chosen race, a royal priesthood, a holy nation, a people for His own possession, that you may proclaim the excellencies of Him who called you out of darkness into His marvelous light.

We know that we were conceived and born in sin, and without Jesus, we stay stuck in that sin forever. But in the depths of our hopeless condition, Jesus reached out His hand and pulled us out of our chains. He washed away our sins and brought us into His holy family. It is in this holy family, this holy nation, that we are given the wonderful gift of community with Jesus. We are chosen by God; now we follow Christ. We belong to the true King. By faith alone, we are royalty. No matter what trial or suffering we endure on this earth, we are members of His family. Thanks be to Jesus for His incredible sacrifice so that we can rejoice and rest in that comfort.

Yet phrases like “Just be positive” can lead us down a path of unworthiness. It leads us to thoughts such as these: “I’m ashamed to dislike being pregnant.” “I’m ashamed that I don’t enjoy my job while others are struggling to make ends meet.” “I’m ashamed that I’m frustrated with this family situation.” “I’m ashamed that I can’t control my depression.”

Our secular world tells us through cute quotes that we can choose to not feel the emotions of sadness, despair, frustration, or annoyance. According to them, we need to be positive for the bad thing to go away, as if positivity is the magic pill that will turn our trials into triumphs or

immediately shut off the tears so the world can be sunshine and rainbows. So we believe it; we push down our emotions and put on the Positive Polly attitude. Then at night, when all the busyness of the day has died down and we are alone with our thoughts, we wonder why we don't feel better.

WE ARE EVE IN THE GARDEN

Hmm . . . could it be that we are putting our worries and sorrows into the hands of a failing world? When we share that quote or think it ourselves, we are saying we have to do it all alone. I know whenever I have that thought, I am never in the frame of mind that Jesus is with me. Instead, it is the frame of mind that *I* needed to do more. I needed to power through it and get over it. I became like Eve in the Garden of Eden.

We find Eve wanting to be like God:

But the serpent said to the woman, "You will not surely die. For God knows that when you eat of it your eyes will be opened, and you will be like God, knowing good and evil." So when the woman saw that the tree was good for food, and that it was a delight to the eyes, and that the tree was to be desired to make one wise, she took of its fruit and ate, and she also gave some to her husband who was with her, and he ate. (Genesis 3:4–6)

Eve was tempted and chose to comply. I fall into that same temptation at times. I want to take all the power and be like God. I want to control the outcome. I want to determine what will happen, when it will happen, and how.

In power-hungry moments like this, I leave no place for Jesus to comfort me or guide me. There's no place for Him to bring me peace about the situation. Instead, I push Him aside and say, "No, I just need to be positive. Then this situation will be over, and I'll be truly happy." Friend, that's not sustainable. Pushing Jesus aside doesn't bring us closer to any kind of resolution; it simply puts us farther away from our source of hope.

It bears saying here that emotions are not sinful and should not be treated as such. In our suffering, God uses emotion to strengthen our

awareness of our need for Him. Paul tells us in Romans that the virtues we need are not something we acquire or develop on our own—they are gifts of the Holy Spirit. The Holy Spirit works through suffering to make us teachable so He can show us things that will help us in this life on earth. This is how God uses our suffering for good. He uses it to turn us from self-reliance to rely on Him to teach us how to endure, to develop our character, and to give us hope. More important, He uses suffering to teach us to rely on Him for healing and deliverance from the plights of mortality to the joy of our resurrection.

God holds up the mirror of His Law to show us our selfish ways. Through the Gospel of our Savior, Jesus Christ, He provides us with the means to break away from them. Once we step out of those toxic habits and mindsets—repentance, with the help of God—we can experience peace. This type of peace might not be an absence of conflict or pain; it might not be a resolution to the situation. It's the peace of Christ Jesus: His mercy and forgiveness and the knowledge that He will not let the devil and all the ugliness of this world consume us.

When God fills us with peace in Christ Jesus, the Spirit helps us develop character traits like endurance, resolve, and faith. When I think of the virtues I want my children to have, and that I want to further develop, these are always the ones that come to mind. Endurance. Character. Hope in Christ Jesus. It gives me comfort knowing that, in the midst of my trials, I'm being sharpened and shaped.

GOD USES MOMENTS OF SUFFERING TO GROUND US CLOSER TO HIM

When I think of trials and suffering that God used to instill endurance, character, and hope, I think of Jonah. Now, I know Jonah's account is familiar, but I want to give a little recap.

God sent Jonah to Nineveh to preach repentance to the people. They were a large, evil nation that was a threat to Israel. Now, when Jonah was called, he didn't jump for joy and go, "Yay! God wants to use me!" Rather, Jonah didn't want to go to Nineveh. He had absolutely no desire