GOD'S PLANS ARE BETTER THAN OURS

Disappointment and confusion are unavoidable parts of life. Trusting that God is in control in the chaos boosts our resilience.

TOOL: Think about a recent time where things didn't go your way. Ask yourself: how could God be using this event to refine me?

Also turn to these TOOLS:

- Seek spiritual support from a pastor, mentor, friend, spouse, or family member.
- Read Scripture. Meditate and pray on them.
- Engage in Christian fellowship and service. Join a Bible study or prayer group. Volunteer at your local church.

Faith is the willingness to receive whatever God wants to give, or the willingness not to have what He does not want to give.

Sometimes we want things we were not meant to have. Because He loves us, the Father says no. Faith trusts that no. Faith is willing not to have what God is not willing to give.

When our plans are interrupted, God's are not. His plans are proceeding exactly as scheduled, moving us always (including those minutes or hours or years which seem useless, wasted, or unendurable) toward the goal of true maturity.

—adapted from Elisabeth Elliott