

“For I know the plans I have for you, I give you hope and a future.” Jer. 29:11 (NIV)

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**



and not to harm you, plans to prosper you and declares the LORD, "plans to prosper you"