

## **Trusting God in Difficult Times**

By Tim Keller - Gospel in Life Meditation (YouTube)

*[Note: Our mental health is directly related to our spiritual health and mindset. In times of difficulty we can be worn down by daily and continual pressures and problems. Tim Keller has this short meditation to help us rebuild our trust in these difficult days. A stronger faith is the key to a stronger mind.]*

How does God build trust in us? What acts of faith can we practice that transform us into people of greater trust?

Habakkuk 3:17-18

**Though the fig tree does not bud  
and there are no grapes on the vines,  
though the olive crop fails  
and the fields produce no food,  
though there are no sheep in the pen  
and no cattle in the stalls,  
yet I will rejoice in the Lord,  
I will be joyful in God my Savior.**

How was Habakkuk able to trust God when things all around him were falling apart? How can we be in touch with God who is Good, when there is little or no good circumstances surrounding us?

### **1. Repeating our faith and trust in God: *"I will rejoice... I will be joyful in God my Savior."***

- We can pray 2 or 3 times a day.
- We can set aside time to read the Bible.
- Bible memory. Habakkuk 3:17-18

### **2. Remembering all that God has done and how He has blessed us.**

- Chapter 3 is a history of God's work with Israel
- Though they faced terrible times before God was working for their good.
- What do you remember about the work of Jesus Christ that stirs you?
- How have you seen and experienced the goodness of God? In past good and bad times.

### **3. Rejoicing in God for who He is:**

- Praising God for His holiness, love, and perfections.
- Praise Jesus for His revelation of God.
- Praise the Holy Spirit for the promises He gives.
- How much time do I spend praising and rejoicing in God for who He is for Himself?