

VERSES & RESOURCES ON

trusting God
in
hard times

PHOTOS & COMPILATION BY
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TABLE OF *contents*

- 1 Dear Traveler
Verses for when you're..
- 3 Stressed
- 4 Afraid
- 5 Anxious
- 6 Heartbroken
- 7 Facing Injustice
- 8 Battling Illness
- 9 In Need
- 10 Grieving Over Death
- 11 RESOURCES: Blogs & Books



DEAR TRAVELER,

You've been journeying through life for quite some time now.

You trudge through the valley, experiencing versions of pain and loss uniquely yours.
Life leads you to a detour more difficult to pass.
You now stand before a turbulent ocean.
Dark water rises. The waves roar in an overwhelming noise.

The questions linger, heavier than this rainfall...

***"Where is God in my storm?
Where is He in my suffering?"***

It's my prayer that you find strength to persist in His promises despite the *hard times*. Painful situations may tempt you to doubt His character, but trust that He remains faithful. Clouds can never destroy the sun, though they may only conceal its presence for a season. It's the same with difficult situations. Suffering is the *norm* of existing in this fallen & imperfect world. (John 16:33) It may obscure your view of God, but His eyes will never lose sight of you nor will the trials decrease His love for you.

May the *hard times* become your training ground to *choose* believing in His faithfulness; to *choose* refinement in this suffering; to *choose* perseverance; to *choose* love; and to *choose* hope. Take heart. You'll witness His capability to turn your darkness into light.

***Great hardship leads to a
greater experience of Grace. It creates a
greater story to tell for His glory.***

I hope this little compilation will remind you of His promises for the *hard times*. May you also find encouragement in the books & blogs I've come across in this journey of trying to understand the purposes behind suffering.

Keep pressing on, Traveler.
You are never alone in the oceans and valleys of life. We can choose to come out as refined gold together.

Sincerely,





Not only that, but 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.

Romans 5:3-5 (ESV)

"I don't always feel God's presence. But God's promises do not depend on my feelings; they rest upon His integrity."

-R. C. Sproul



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WHEN YOU'RE STRESSED

Proverbs 3: 5-6 (NLT)

Trust in the LORD with all your heart;
do not depend on your own
understanding.

Seek his will in all you do, and he will
show you which path to take.

1 Peter 5:7 (NLT)

Give all your worries and cares to
God, for he cares about you

Proverbs 16:3 (NLT)

Commit your actions to the LORD,
and your plans will succeed.

WHEN YOU'RE AFRAID

Isaiah 41:10 (NLT)

Don't be afraid, for I am with you.
Don't be discouraged, for I am your
God. I will strengthen you and help
you. I will hold you up with my
victorious right hand.

Psalms 27:1 (NIV)

The LORD is my light and my
salvation—whom shall I fear? The
LORD is the stronghold of my life—
of whom shall I be afraid?

Deuteronomy 31:8 (NLT)

Do not be afraid or discouraged,
for the Lord will personally go
ahead of you. He will be with you;
he will neither fail you nor
abandon you.



WHEN YOU'RE ANXIOUS

Isaiah 26:3 (NKJV)

You will keep him in perfect peace,
Whose mind is stayed on You,
Because he trusts in You.

Psalms 55:22 (NIV)

Cast your cares on the Lord
and he will sustain you;
he will never let
the righteous be shaken.

Philippians 4:6-7 (NLT)

Don't worry about anything;
instead, pray about everything.
Tell God what you need, and
thank him for all he has done.

Then you will experience God's
peace, which exceeds anything
we can understand. His peace will
guard your hearts and minds as
you live in Christ Jesus.



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WHEN YOU'RE HEARTBROKEN

Psalm 34 : 18 (NLT)

The Lord is close to the
brokenhearted;
he rescues those whose spirits are
crushed.

Psalm 147:3 (NLT)

He heals the brokenhearted and
bandages their wounds.

Psalm 43:5 (NLT)

Why am I discouraged? Why is my
heart so sad? I will put my hope
in God! I will praise him again--
my Savior and my God!

WHEN YOU FACE INJUSTICE

Ecclesiastes 3:17 (NIV)

I said to myself, "God will bring into judgment both the righteous and the wicked, for there will be a time for every activity, a time to judge every deed."

Hebrews 10:13 (NIV)

For we know him who said, "It is mine to avenge; I will repay," and again, "The Lord will judge his people."

Luke 18: 8 (TPT)

God will give swift justice to those who don't give up. So be ever praying, ever expecting, just like the widow was with the judge. Yet when the Son of Man comes back, will he find this kind of persistent faithfulness in his people?



WHEN YOU BATTLE ILLNESS

Psalm 103: 2-4 (NIV)

Praise the Lord, my soul,
and forget not all his benefits—
who forgives all your sins
and heals all your diseases,
who redeems your life from the pit
and crowns you with love and
compassion,

Psalm 6:2 (NLT)

Have compassion on me, LORD,
for I am weak. Heal me, LORD, for
my bones are in agony.

Psalm 41:3 (NIV)

The LORD sustains them on their
sickbed and restores them from
their bed of illness.





WHEN YOU'RE IN NEED

Philippians 4:19 (NIV)


And my God will meet all your needs according to the riches of his glory in Christ Jesus,

Psalms 37:25 (NLT)

Once I was young, and now I am old. Yet I have never seen the godly abandoned or their children begging for bread.

1 Timothy 6:17 (NIV)

Command those who are rich in this present world not to be arrogant nor to put their hope in wealth, which is so uncertain, but to put their hope in God, who richly provides us with everything for our enjoyment.



WHEN YOU GRIEVE OVER DEATH

Psalm 116:15 (NIV)

Precious in the sight of the LORD is the death of his faithful servants.

1 Corinthians 15:54-55 (NLT)

Then, when our dying bodies have been transformed into bodies that will never die, this Scripture will be fulfilled:

“Death is swallowed up in victory.
O death, where is your victory?
O death, where is your sting?”

Revelations 21:4 (NLT)

He will wipe every tear from their eyes, and there will be no more death or sorrow or crying or pain. All these things are gone forever.

RESOURCES

BLOGS & BOOKS ON CHRONIC ILLNESS

ANAHARRISWRITES.com

Ana Harris is a 24 year old woman who chronicles her challenges with Lyme Disease. She writes about her experiences with grief and illness, while inspiring hope in those who suffer too.

Notable article from her blog:
"When God Betrays Your Trust"

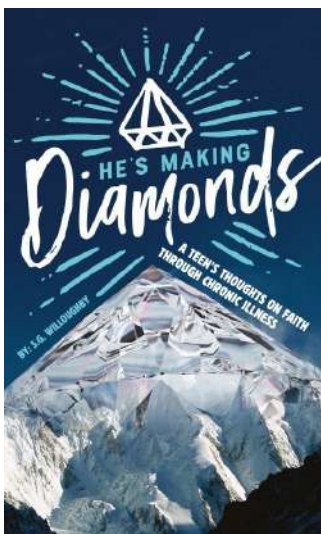


He's Making Diamonds: A Teen's Thoughts on Faith Through Chronic Illness

Sara G. Willoughby is a teenager who has been battling chronic illness since she was 14 years old. She is the author of *He's Making Diamonds: A Teen's Thoughts on Faith Through Chronic Illness*. Her book tackles questions such as "Why is there sickness?" and "Where is God in sickness?"

Check out her book in **Amazon**.

Read more from her at
<http://sgwilloughby.com>



RESOURCES

BLOGS & BOOKS ON CHRONIC ILLNESS

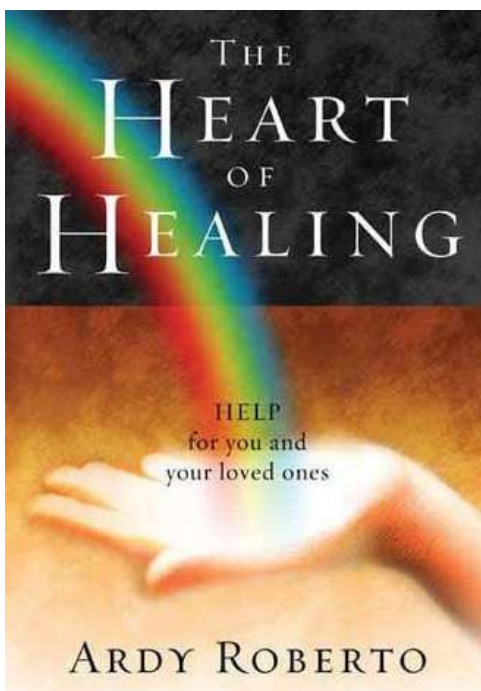
ALATHIAHAYES.COM

Alathia Hayes is a young woman who writes about finding joy and hope in the midst of pain brought about by chronic illness. Her beautiful blog records her journey as she "fights for joy one day at a time."

Notable article:

"The Problem with Finding Purpose in Pain"

Check out her other reflections at
The Rebellion.



The Heart of Healing : HELP for You & Your Loved Ones

"The Heart of Healing is a Golden Book Awardee 2010 for Best Inspirational book. It is written by author and award-winning entrepreneur Ardy Roberto, who shares his and wife Tingting's incredible journey from the fear of a dreaded illness (systemic lupus) to a place of faith that leads to healing. Deeply personal and insightful, *The Heart of Healing* shares the power of giving HELP to sick loved ones:

Hope, Encouragement, Love, and Prayer."

- Synopsis from Amazon.

Check it out at **Amazon**

RESOURCES

BOOKS

ON PAIN & INJUSTICE

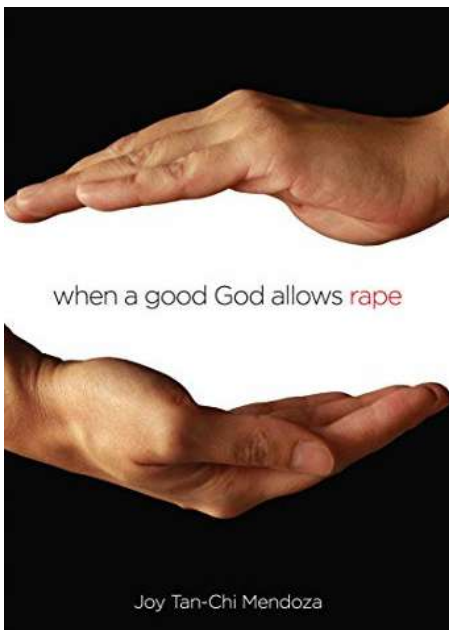
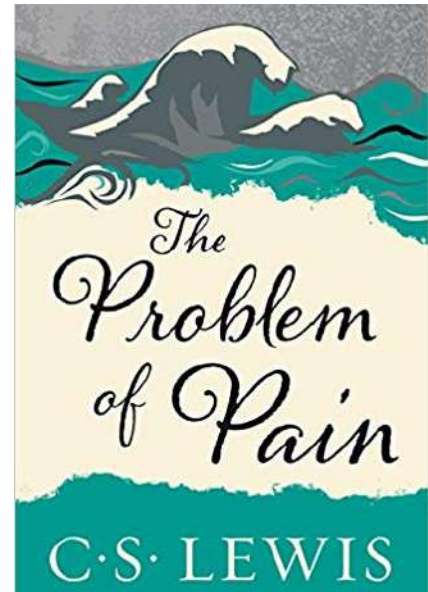
The Problem of Pain

"C.S. Lewis, one of the most renowned Christian authors and thinkers, examines a universally applicable question within the human condition:

"If God is good and all-powerful, why does he allow his creatures to suffer pain?" With his signature wealth of compassion and insight, C.S. Lewis offers answers to these crucial questions and shares his hope and wisdom to help heal a world hungering for a true understanding of human nature."

- Synopsis from Amazon.

Check it out at [Amazon](#)



When a Good God Allows Rape

"What Satan meant for harm, God meant for good. God's grace transformed pain, emotional distress, and suffering into a vibrant, purposeful, and rich life. Refusing to hide behind the dark memories that wanted to hold her captive, Joy Tan-Chi Mendoza shares her story, helping her readers towards strength, encouragement, and the healing of sexual trauma and abuse. "

- Synopsis from Amazon.

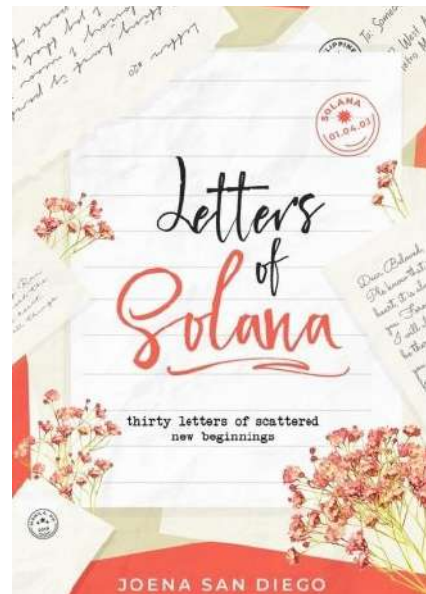
Check it out at [Amazon](#)

RESOURCES

A BLOG & A BOOK ON MENDING A BROKEN HEART

Letters of Solana

Joena San Diego wrote 30 heartwarming letters under the name "Solana", which means "light". Her letters have the voice of a trustworthy friend who encourages the reader to make choices towards healing—whether it would be in forgiveness, letting go, or running towards the Savior once more. This is a book inspired by the "the boldness of brokenness and second chances."



Check it out at

<https://joenasandiego.com>



Chasing Sunsets, Crossing Oceans, & Cradling Stars

Raizel Leuterio is the blogger behind *Chasing Sunsets, Crossing Oceans, & Cradling Stars*. She writes about faith, dreams, love, and God's healing for the wounded heart.

Notable article:

**"To All The Times You've Loved
(& Lost) Before"**

Read more from her at

<https://sunsetsoceansstars.wordpress.com/>

RESOURCES

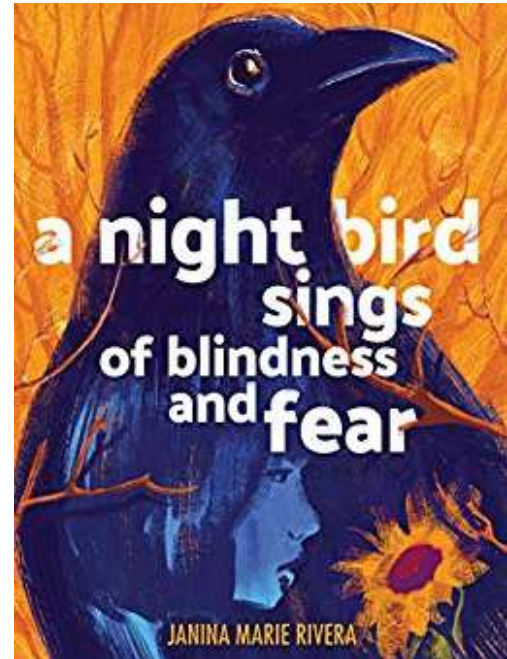
A BOOK ON ANXIETY & FEAR

A Night Bird Sings of Blindness & Fear

"At age fourteen, Janina Marie Rivera fought a battle against a fatal congenital condition of the brain that left her with recurring headaches and a permanent, visual half-blindness. She unveils her secret world of anxiety, openly discussing her struggles to live courageously. Her story of self-acceptance, maturity, and wonder is an extraordinary testimony, especially in a time where sickness has its different, and sometimes invisible, forms."

- Synopsis from Amazon.

Check it out at **Amazon**



Stories like stars

CHRONICLING STORIES THAT LIGHT UP THE DARK

BY NICOLE GUSTO