

You're Going to Get Through This: 5 Reasons to Have Hope in Difficult Times

Life can be overwhelming. Whether you're facing health challenges, relationship struggles, or career setbacks, there are moments when we all feel like we've reached our breaking point. But God's Word offers us powerful assurance that whatever "this" is in your life right now, you will get through it.

In Second Corinthians chapter 1, the Apostle Paul shares from a low point in his own life. Despite being one of the most effective ministers of his time, Paul faced extreme difficulties that left him despairing of life itself. Yet through his experience, he discovered the right way to handle overwhelming circumstances—and his example gives us hope for our own struggles.

Why Does God Allow Us to Go Through Difficult Times?

The Corinthian church knew pain well. They faced external persecution, internal divisions, and the grief of living in an immoral culture. Like them, we often find ourselves overwhelmed by circumstances beyond our control.

But Paul reveals that God has purposes in our pain. Sometimes He allows difficulties so that we'll stop trusting in ourselves and instead fully rely on Him. Other times, He's preparing us to comfort others with the same comfort we've received.

Let's explore five powerful reasons why you're going to get through whatever challenge you're facing right now.

Reason #1: You Have a Capable and Powerful God on Your Side

"Blessed be the God and Father of our Lord Jesus Christ, the Father of mercies and God of all comfort, who comforts us in all our tribulation..." (2 Corinthians 1:3-4)

Paul describes God in two significant ways:

He is the Father of Mercies

Mercy is not getting what we deserve. When we're hurting, we often respond with anger, bitterness, or harsh words—and we need God's mercy in those moments. He extends mercy to us when we don't deserve it.

He is the God of All Comfort

God's comfort isn't just a pat on the back saying "you'll be fine." The biblical concept of comfort involves strengthening and helping. It's like when a child falls and skins their knee—a parent doesn't just say "you're okay" but wipes away tears, applies ointment, bandages the wound, and helps the child walk again.

When we're hurting, God shows mercy for our failures and comfort for our follow-through. He is bent on helping our brokenness. As Psalm 34:18 reminds us, "The Lord is near to the brokenhearted."

How Does God Comfort Us?

1. Through the promises in His Word

Isaiah 41:10: "Do not fear, for I am with you..."

Romans 8:38-39: Nothing "will be able to separate us from the love of God..."

Isaiah 43:1-2: "When you pass through the waters, I will be with you..."

2. Isaiah 41:10: "Do not fear, for I am with you..."

3. Romans 8:38-39: Nothing "will be able to separate us from the love of God..."

4. Isaiah 43:1-2: "When you pass through the waters, I will be with you..."

5. Through His peace in prayer

Philippians 4:6-7: "The peace of God which passes understanding will guard your heart..."

John 14:27: "Peace I leave with you. My peace I give to you..."

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7. John 14:27: "Peace I leave with you. My peace I give to you..."

8. Through the person of Jesus

Hebrews 12:3: "Consider Him, lest you become weary and discouraged in your soul."

John 16:33: "In this world you will have trouble. But take heart, I have overcome the world."

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11. Through the people of God

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Reason #2: God Is Determined to Use Your Testimony in the Lives of Others

"Now if we are afflicted, it is for your consolation and salvation, which is effective for enduring the same sufferings which we also suffer. Or if we are comforted, it is for your consolation and salvation." (2 Corinthians 1:6)

God comforts you not to make you comfortable, but to make you a comforter in the lives of others. Your pain has purpose—it prepares you to minister to others who will face similar struggles.

Frederick Booth-Tucker, a leader in the Salvation Army, once preached in Chicago. Afterward, a man challenged him saying that if his wife died and his children were left motherless, he couldn't speak so confidently about Christ's sufficiency. Shortly after, Booth-Tucker's wife died in a railroad accident. At her funeral, he stood by her casket and declared that Christ was indeed sufficient even in his grief. The challenging man came forward and surrendered his life to Christ, moved by such powerful testimony.

To effectively minister to broken hearts, we need:

- Confidence in God as the source of all comfort

- Compassion for people in their pain

Reason #3: When You Think It's Over, God Hasn't Given Up on You

"For we do not want you to be ignorant, brethren, of our trouble which came to us in Asia, that we were burdened beyond measure, above strength, so that we despaired even of life." (2 Corinthians 1:8)

Paul faced circumstances so crushing that he "despaired even of life." This wasn't just a bad day—it was a crisis that pushed him beyond his limits. Yet he didn't end at that dead end. He found hope by fixing his eyes on Jesus.

What was so heavy for Paul? He faced intense persecution (Acts 19), personal infirmities, and what he called "the sentence of death in ourselves" (v.9). But he discovered this powerful truth: God has delivered, does deliver, and will deliver (v.10).

Past victories build confidence for future victories. Past comfort helps bring rest to current troubles. When you're in the middle of a crisis, it's hard to see clearly—so lean on how God has worked in your past. He's the same God then, now, and in your future trials.

Reason #4: Your Trials Will Move You to Fully Rely on God

"Yes, we had the sentence of death in ourselves, that we should not trust in ourselves but in God who raises the dead." (2 Corinthians 1:9)

Why does God allow deadly situations? So we'll recognize our complete dependence on Him. When we reach the end of ourselves, we can only say, "This has to be all God."

Notice that Paul specifically mentions God "who raises the dead." This is intentional. When you face the death of something in your life—whether literal or figurative—you need to remember that you serve a God who specializes in resurrection.

The resurrection of Jesus Christ is the key for all hope and comfort. When you take your dead or dying circumstances and lay them at His feet, you acknowledge that He can either breathe new life into them or allow them to die for His greater purposes.

As Paul later discovered with his "thorn in the flesh" (2 Corinthians 12), sometimes God's answer isn't removal of pain but sufficient grace through it. This led Paul to a perspective shift: "I will boast in my weakness, that the power of Christ may rest upon me."

Reason #5: Others Who Love You Are Praying for You

"You also helping together in prayer for us, that thanks may be given by many persons on our behalf for the gift granted to us through many." (2 Corinthians 1:11)

Paul's ministry and even his pain were undergirded by the prayers of others. Never underestimate the power of prayer! How many lives have been saved, hearts comforted, and situations miraculously changed because people prayed?

When people are hurting and you offer to pray for them, it's not just a saying or slogan—it's acknowledging the reality that as we pray, God moves. And when you're the one hurting, remember that others' prayers for you make a difference.

Life Application

Whatever you're facing today—whether it's a health crisis, relationship breakdown, financial struggle, or spiritual battle—take heart. You're going to get through this because:

1. You have a capable and powerful God on your side
2. God will use your testimony to help others
3. When you think it's over, God hasn't given up on you
4. Your trials will move you to fully rely on God
5. Others who love you are praying for you

Ask yourself these questions this week:

- Where am I trying to handle my struggles in my own strength instead of relying on God?
- How might God want to use my current pain to help others in the future?
- What past deliverances can I remember to strengthen my faith for today's challenges?
- Who can I ask to pray for me during this difficult time?
- Who around me is hurting that I could comfort with the comfort I've received?

Remember Paul's words: God "has delivered us, does deliver us, and will deliver us." Whatever your "this" is, you're going to get through it with God's help.