

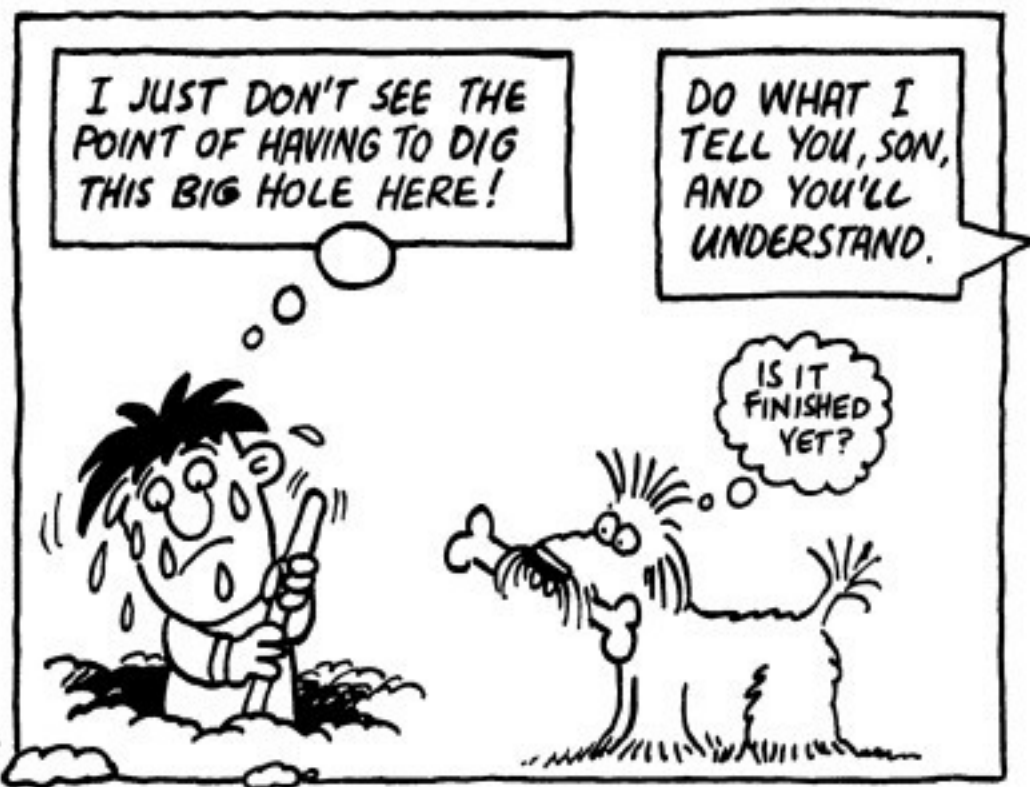
Trials are good for you.

Not many people go around looking for hard times! Most people want nice and pleasant things, fun experiences and entertainment, happiness and comfort. Our first thought when something good comes along is "What's in it for me?" or "How much of this can I get for myself?"

But life never runs smooth, and everybody always has times of trouble, sickness, difficulty, sadness, struggle and so on. Some people are broken by their difficulties - they give up on life and reject it. They wear a hard, impassive face because they don't want to *feel* any more. They hide their hurts behind silence. Other people fight back, and turn their difficulties into toughness or resilience.

If we have the right attitude, we can turn any bad thing into a blessing. If we have been sick we can sympathise with others when they are sick. If we have been poor we can appreciate poverty in others. If we lose a leg we can understand how people who have no legs feel.

If you are a Christian, and walking in the light, God controls what you experience to the extent that He sends *only* what is good for you. This principle may take a while to really get a hold of, but it's true. Nothing happens to obedient Christians which cannot be turned to a blessing. God is in charge!



The Bible says "No discipline seems pleasant at the time, but painful. Later on, however, it produces a harvest of righteousness and peace for those who have been trained by it." Hebrews 12:11