

# Positively Speaking

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## Troubled?

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Well, join the club! You're in good company.

Troubles are simply a part of living. It's a package deal. You have to accept the bad along with the good. The only way to be trouble-free is to be dead!

Some folks think they deserve to be excused from problems. Whenever a difficulty arises, they whine and complain about how unfair life is to them. They don't realize that life isn't fair to anybody -- and thus, become swamped in the mire of self pity.

Instead of griping about a hard situation, wouldn't it be better to face it boldly -- committed to see things through? You can cry 'til the cows come home, and that won't fix the situation one bit. It takes courage to buckle down and face the truth.

I do not know why heavy hardships are a part of life's package. I don't have a pat answer for the difficult perplexities.

Yet, I do know that the struggle helps us grow, if we maintain the right attitude.

**1. Trouble teaches wisdom.** There is no such thing as a wise person who has not gone through the dark valley. Your problems are your teachers. John Maxwell says, "If you fall down, you might as well pick something up while you're down there!"

**2. Troubles keep us humble.** Just when you think you're the big cheese -- WHAMMO -- a hefty difficulty plops into your lap. It's hard to be puffed up when you're carrying a load of trouble. In bad times, we realize we can't control everything, and we have to trust God more.

**3. Troubles bring patience.** James 1:2-3 states, "Is your life filled with difficulties and troubles? Then, be happy! It is only then that your patience will increase. So, let it grow, and don't try to squirm out of your problems."

**4. Troubles turn us into helpers.** We become more compassionate through suffering. Instead of nursing our sorrows, it is far better to encourage others in the same direction. There is nothing more comforting than a genuine friend who understands.

We can face our problems with greater courage when we realize that they are only opportunities in disguise.

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