



SUFFERING  
TRANSFORMED

*cares*

You are swamped with cares that leave you no peace at night. A tough, complex situation. Insurmountable worries – and no solution in sight. Or it's the pressures at work. How will you cope? You have run low on time and energy. Perhaps it's financial difficulties. Maybe health problems. Worries about your children, their adolescent problems or their education. Concern for your elderly parents. Whatever it is, your cares are wearing you down.

However reasonable our cares may appear to be, we need to ask the Lord whether we have brought them upon ourselves. Some people lose themselves in their worries if their plans and wishes are not fulfilled, because they have set their hearts on something they consider essential when in fact it is not. They are frustrated, for instance, in their career or some other area of life, when they fail to attain a position they had been striving for.

A simple question can help us here. Does God really want me to have this particular thing I am so anxious to gain? Is it His will? Or am I worrying about something I am not supposed to have – something that would not even be right for me? Problems of this nature would be resolved quickly by surrendering our will to God. Then we would have peace of mind. Our attitude would be: *What God doesn't give me, I don't want to have. Because He is love, He always leads me the best way. If*

*He had a better path for me, He would have chosen it.*

Then there are other worries of a completely different nature, which are very understandable, especially if they involve those entrusted to our care. From my own experience I know how heavy this burden can be. Here, too, the Lord has shown me the solution. It is the assurance that all the pressures and hardships we face are part of His eternal purposes. As our loving Father, who has mapped out our lives for us, He has allowed these difficulties to arise. He has a solution worked out, for no true father would fail to help his child.

As soon as I had put my trust in His loving care, I was able to respond with thanksgiving. *You have the solution. If I ask You to show me, You will put it into my heart and mind.* Then – often very suddenly – a solution turned up.

So when faced with difficulties, I would begin to praise our heavenly Father for who He is. In Him we have a father who loves us and knows what we need. I would make up verses on the spot, like the following:



I will trust You, O my Fa-ther; I'll be-lieve and  
will not wa-ver, Knowing You can solve all things.



I will trust You, O my Father;  
I'll believe and will not waver,  
Knowing You will care for me.

I will trust You, O my Father;  
I'll believe and will not waver,  
Knowing You will show the way.

I will trust You, O my Father;  
I'll believe and will not waver,  
Knowing You will help indeed.

As I expressed my trust in God, a change took place in me. Praising and thanking my Father in heaven, I grew confident that help would come – and it did.

May this be an encouragement to you in view of your various responsibilities. Right now you may be at a loss as to how to decide in a certain situation, advise your children, or deal with a complex problem. Why not try expressing your trust in God? You will discover that mountains – even mountains of cares – melt like wax before the Lord (Psalm 97:5).

God is all-powerful. A single word from Him can change people and circumstances – everything. Nothing is too hard for God, and He will do everything in His power to help us, for we are His children in Jesus Christ and He loves us. Often it is just a matter of having a little patience and waiting. You can be sure He will never be too late with His help.

When cares pile up, the vital thing is to come as a child to our heavenly Father. Jesus said, 'What father among you, if his son asks for bread, will give him a stone?' (Luke 11:11 RSV).

Many years ago the Lord gave me this Bible verse for our community in a critical situation. For weeks, every day after lunch, we sang, 'What father among you, if his son asks for bread, will give him a stone? No father would ever do that!' On the basis of this truth, I could rely on our heavenly Father to send us the promised help. And He did – against all odds. Like a miracle before our eyes, the mountain of cares dwindled.

When cares threaten to overwhelm us, we need to take God at His word, rely on it, and keep reminding Him of His promise to help. *This is what You promised, and You will do what You say, for You are faithful. In faith I look forward to the moment when my troubles will be resolved, and all my cares vanish. Nothing is impossible for You, even in humanly impossible situations.*

We may see no way out – but God does! He is always able to help us and will make true the promise in His Word: 'Leave all your worries with him, because he cares for you' (1 Peter 5:7 GNB). This goes for every situation.

So I would like to encourage you to put your trust in the Father. Reverse the direction of your thoughts. Don't dwell on certain hardships, impossibilities, problems and people that are creat-

ing anxiety. Focus instead on your heavenly Father and what He is like. He loves you and will help you. You can be sure He already has the solution worked out.

Turn to God, your heavenly Father, and start thanking Him that You may come as a child with all your cares. Then in the midst of your troubles you can affirm your trust, perhaps in words like these:

My Father, I thank You  
for the assurance of Your help.  
You will not fail me,  
You will not let me down.  
You have a solution to my worries.  
As a child of Yours, I know You love me  
and will send help in Your good time.

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by M. Basilea Schlink

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© Evangelical Sisterhood of Mary,  
P.O.B. 13 0129, 64241 Darmstadt, Germany

Branch addresses:

Australia: Evang. Sisterhood of Mary, P.O.B. 430, Camden NSW 2570

Canada: Evang. Sisterhood of Mary, R.R.1, Millet, Alberta, T0C 1Z0

U.K.: Evang. Sisterhood of Mary, Radlett, Herts. WD7 8DE

USA: Evang. Sisterhood of Mary, P.O.B. 30022, Phoenix, AZ 85046-0022

[www.kanaan.org](http://www.kanaan.org)

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