

# The Internal Struggle Is Real

Rachael Martin 8,2,2019

I found myself reflecting today and coming to some conclusions. At one point I asked myself if I've ever doubted God – and honestly, I believe that I answered yes – if I'm going to be truthful at all – then I had to admit with all that has happened in my life and in the lives of my loved ones around me, there have been times when I have doubted God's plan.

I had to come to internal terms with myself that although I have never doubted God exists and I have never doubted that He is able, I have doubted that He would answer my prayers. As I stewed on this fact, it made me mad because I know spiritually that I shouldn't doubt His answering my prayers – that ultimately there are reasons why prayers aren't instantly answered and there are reasons that God doesn't instantly move on our behalves.

At some point, we have to be able to take a hit, be able to go through a struggle, face uncertainties and walk through trials and stresses and in the middle of it, say “It is well with my soul” because we trust God more than we trust what we are looking at. We have to trust God more than we trust the outcome of a situation.

I've always been able to say that I trust that God knew before I did when things happen that are out of my control or when bad things happen in this world or in my family – I've never doubted that for one minute – but somehow, over the years, I've allowed the struggle to wear on me even though I know God has an answer and I just don't see it yet. I don't know if you all think this is wishy washy – or that I'm wayward in my faith – but I'm just trying to say that the inward struggle is real and I'm so glad that I have praying friends and family.

God knew what He was doing when He created us – not only to have a relationship with Him but to count on one another to help carry each other's burdens and to encourage one another to have faith in what we don't see. The struggles and trials that we go through is what builds our faith, spirit man and gives us a story – a testimony to share with others God's love for us.

Friends, the internal struggle is real and if we don't share with others in the faith and with those who love us, it will eat us from the inside out and our spirit man will become weak. There is also one other thing to I would like to mention. In the book of Job, it talks about how Job went through a lot of pain, loss, and suffering and that during the midst of it, he was confronted, comforted, reminded, and even convicted by his friends. However, it wasn't the older of the friends that brought wisdom, it was the younger and the Bible says that it was his spirit – that God Almighty gave breath to this young man's spirit to bring wisdom to the situation.

Allow the Lord to show you where wisdom is in each situation – with each struggle that we face, we should be reminded to look for wisdom – because God gives wisdom to those who ask and when we can shed wisdom on our internal struggles and bring us hope. Sometimes it takes a fight and it's not about getting knocked down – it's that we get back up...

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