

# Women's Oasis

## Helpful Tips and Counsel for Going Through Tough Times

*“All of us face grief or hardship at some point in our lives. But when we walk through that valley, we are not alone – Jesus is there with us, holding out life, and hope. If we lift our eyes from our problems and look to him, there we encounter him, and there we find what we need. Because it’s often in the valley that we learn what it is that we really need. It’s often in the valley that we learn to see clearly the greater good that Jesus is holding out to us – Himself – the Resurrection and the Life.”*

- From Rita's talk

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*Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God' (Philippians 4:6).*

*Praying with positivity - remembering how he got me through the valley in the past.*

*In Matthew 6 v 25 Jesus commands the disciples not to worry. In responding to his disciples' needs, Jesus points to the natural world of birds and flowers to illustrate the Creator's loving provision for the whole of his creation.*

*Walking in the natural world, helps me when I go through the valley of darkness, meditating on his power and majesty in creation, listening to the birds, celebrating the beauty of the sea, hills, flowers and remembering His past goodness and care.*

- From Alison Heath-Taylor

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*So here are the things I do to get me through tough times:*

*I read the bible, even when I don't feel like it. I might focus on bits I know are uplifting, like the psalms, or 2 Kings 18. I don't worry if it doesn't feel like it is going in. But I still go through the motions as I know that it helps. I find it is easier to keep going and not get much out of it for a while than it is to stop and start again!*

*I still in the stillness and let Jesus love me. If I don't have words, that is ok. I can just sit. I also used prayers from various liturgies to give me words when I don't have any (I have put my favourite at the bottom).*

*I have a lot of bible verses on my walls and I read them and remind myself that they are the truth no matter what my emotions might be telling me. I remind myself that my thoughts aren't always true and so I don't have to take them as truth. But we can always trust the Word to be true, so we can stand on its promises. If my thoughts go against the bible then I remind myself of biblical truth over and over again. For example: I am worthless. NO! I am fearfully and wonderfully made.*

*We can always trust an unknown future to a known God.*

*I ask others for prayer and support and encouragement. Every time I do this it is hard but always worth being vulnerable with a chosen few.*

### ***Expressions of faith - Northumberland community.***

*Lord, You have always given bread for the coming day; and though I am poor, today I believe.*

*Lord, You have always given strength for the coming day; and though I am weak, today I believe.*

*Lord, You have always given peace for the coming day; and though of anxious heart, today I believe.*

*Lord, You have always kept me safe in trials; and now, tried as I am, today I believe.*

*Lord, You have always marked the road for the coming day; and though it may be hidden, today I believe.*

*Lord, You have always lightened this darkness of mine; and though the night is here, today I believe.*

*Lord, You have always spoken when time was ripe; and though you be silent now, today I believe.*

- From Amy Shaw

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*I can't talk about the toughest time of my life, but it was significant. I had not long become a Christian when our 7 week, 2 day old daughter died. Cot death.*

*We had only been in our home for just over 3 weeks to Farnham Surrey from Weymouth. Although I didn't realise it at the time, God had put me in a street where there were two strong Christians and in a loving (Baptist) church.*

*Young Christian that I was I knew that if God could, he would bring her back. I had total faith in that, even at her funeral - He didn't.*

*What I learned through it was that was (eventually) in difficult times you hang in there and live your faith:*

*Forsaking All I Trust Him (F.A.I.T.H.)*

*Pains me to say it, but without that experience I would not be the person I became and am today.*

- From Karen Tunstall

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*In Malawi we met an amazing retired minister, who started an orphanage in 1997. It has grown enormously now even with its own schools. He had a dilapidated hut, behind the orphanage, his fax office, where he went to pray each day. His fax number was J 333: Jeremiah 33 v3 "Call to me and I will answer you and tell you great and unsearchable things you do not know". In times of darkness prayer is where I go, we mustn't underestimate what God can do, and what we can bear if Jesus is walking with us.*

- From Dot Forsyth

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*Couldn't pin down one thing to put in a paragraph that helps me when I'm stuck in a pit but just listened to this & found this is it! [https://youtu.be/o\\_yv5yGZnBc](https://youtu.be/o_yv5yGZnBc)*

- From Katherine Kingdom

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*Tools for troubles:*

*Over the years I have developed many strategies to deal with a very difficult illness but it wasn't until I became a Christian did I start to develop some tools that gave me some peace of mind to continue in a life of a restricted mobility and on many days a limited mental capacity.*

*I have listed my tools in which there are many, selecting on my imagined tool belt which best will suit the circumstances or severity of suffering.*

*Give yourself a snazzy imagined belt and remember Jesus is always with you even in those times you feel lost.*

*So my tools in my tool belt are:*

*Talk to God first about your troubles. The Holy Spirit within you is your comforter as well as your guide.*

*Is it something I can talk to a Christian friend about? Is there anything we can do to change it? Can a friend / family help practically?*

*Christian LP (Lightning Process) A stop process which stops that initial thought when going into 'The pit'. Excellent!*

*Listening to Christian meditations on YouTube when lying down comfortably, relaxing the body and then calming the mind with words Jesus taught us in times of trouble. (You can type in Christian meditations and then what you need it for e.g. anxiety, health etc.)*

*Listen to classical music, visualise some beautiful memories or make up new ones. Take yourself off into nature.*

*Listening on YouTube to bible readings or reading the bible.*

*I have memorised some short verses or hymns that can be used at night instead of switching on the light to read them. Keep repeating them or singing them to yourself until you feel calmer.*

*If you are feeling well enough and able to there is nothing to beat a little gig around the house and of course singing!*

*Gratitude, which is very powerful. Stops you feeling sorry for yourself. Thank you Lord for ...water, food, bed to sleep on etc. Go through your home or body listing all the things you have.*

*When on a walk I sing 'Thank Lord for this new day' and each verse change it to what you can see, feel smell around you. Sing out loud if you are brave enough or get somewhere where you can!*

*Get into a green space or by the sea if you can, reminding yourself how great and beautiful God's creation is.*

*Read verses in the bible about how powerful right thinking is.*

*SMILE – very hard when you don't feel like it but just the act of doing this can help to uplift us.*

*Use powerful uplifting words, imagine Jesus talking to you, listening and checking your thoughts.*

*I hope this can be of help.*

*- From Gilly Dowdell*

*In tough times, especially when awake in the night and I'm tempted to dwell on problems and towards a catastrophe mindset, I find that actively rejoicing, as Jesus commands, really works. Sometimes, counter-intuitively, we have to counsel ourselves, like David does in Psalms 42:5 and 43:5 and resolve to rejoice – despite outward circumstances, but knowing the hope in our salvation:*

*Why, my soul, are you downcast?  
Why so disturbed within me?  
Put your hope in God,  
for I will yet praise him,  
my Savior and my God.*

*I sing hymns and read Psalms out loud and soon enough, my spirit is lifted and the feelings of calm, peace and joy are restored. This is also powerful spiritual warfare to banish any demonic spirits looking to oppress us; they hate to hear Christians rejoice and quote Scripture!*

- From Laura Rimmer

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*Reading a Psalm is really helpful. Or going to favourite passage. Making a point to believe and trust in what I am reading, perhaps just a few poignant words – 'I am with you', 'Be still and know I am God'...and refusing to leave your quiet time until you have met with the Lord – a bit like Jacob wrestling with the Lord in Gen 32:27, 'I will not let you go until you bless me.'*

*For anxious thoughts during the night, I visualize an encounter with the Lord – often it's a raft on a calm river, at night, still and peaceful! I tell Him my fears and worries. I picture handing Him my burdens and him throwing them overboard!*

*I ask Him to show me my sin in my thoughts and actions etc, i.e. bitterness, irritability, coveting, pride...the list goes on! I repent and ask for His forgiveness, and ask for cleansing.*

*Then I will bring to mind verses which speak into that situation. E.g, 'Do not let your hearts be troubled, trust in God, trust also in me' John 14:1*

*"Trust in the Lord with all your heart and lean not on your own understanding – in all your ways acknowledge Him and He will make your paths straight" – Proverbs 3:5-6*

*"Love one another. As I have loved you, so you must love one another" – John 13:34*

*"The eyes of the Lord range throughout the earth to strengthen those whose hearts are fully committed to him." 2 Chronicles 16:9*

*Maybe one verse will be particularly apt, and then I repeat this verse slowly, meditating on it and letting its truth sink in.*

*I then bring to my mind the character of God – forgiving, gracious, slow to anger, abounding in love, faithful and remember He is all powerful, In control and knows exactly what I am going through. I praise Him and tell Him what I love about Him most.*

- From Beccy Davies