

# For the Tough Times

How do you cope when life gets hard? And it will, make no mistake about it.

Dr. Norman Vincent Peale, the late Protestant preacher and author, offered some good advice. Reared as a Methodist and originally ordained as a Methodist minister in 1922, Peale changed his religious affiliation to the Reformed Church in America in 1932 and began a 52-year tenure as pastor of Marble Collegiate Church in Manhattan. His book, *The Power of Positive Thinking*, is by far his most widely read work. First published in 1952, it stayed on the *New York Times* bestseller list for 186 consecutive weeks. In 1945, Dr. Peale and his wife, Ruth Stafford Peale, and Raymond Thornburg, a Pawling, New York, businessman, founded *Guideposts* magazine.

Here are 10 suggestions offered by Dr. Peale for those who suddenly find that life has gotten hard:

1. Don't try to do it all yourself. Do not struggle and fret. Do all you can about things and then put everything in God's hands, trusting Him to bring it out right.
2. Pray for guidance and believe that direction is now being given you.
3. Pray for and practice a calm attitude. Disturbing things will remain disturbing as long as you are disturbed. But, when you become peaceful, conditions will iron themselves out.
4. Saturate your consciousness with faith, the creative faith that things will turn out right.
5. Remind yourself of one great truth; hard experiences will pass away. They will yield. They can be changed. So, just hold on, with God's help.
6. There is always a light in the darkness. Believe that. Look for that light. The light is the love of God.
7. Ask the Lord to release your own creative ingenuity, your own strength and wisdom which, taken together, can, for a fact, handle any problem successfully.
8. Never forget that God cares for you, that He loves you. He wants to help you.
9. Remember that all human beings experience troubles similar to your own.
10. Finally, hold on to this great promise: "God is our refuge and strength, a very present help in trouble." And this is the truth. God will see you through and a brighter day will dawn for you.

These are principles we can bank on when adversity comes our way.

--Beecher Hunter