



Ladies of Grace
Bible Studies for Women

A Woman & Her Walk With God Series

Encouraging Women to Walk With God on the Brighter Side of Life

A Woman & The Struggle
Issues of Life

Today we are going to talk about something that is common to all women: The Struggle Issues of Life. Whether we are a young single woman, a newly married woman, a working outside of the home woman, a stay at home woman, a middle aged woman, or a very old woman . . . We all have something very important in common . . . We all struggle with the daily issues in our lives.

What are some of the daily issues that YOU struggle with as a woman?

I took the time this week to interview women of different ages and stages of life. Some were young, and some were old. Some were stay-at-home moms, and some were moms who had to work outside of their homes. Some had many children, and some had no children at all. But they all had one thing in common: each of them struggled with some sort of daily issue in life. Here is a list of some of their struggles:

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|-----------------|----------------------------|-------------------------|---------------------------|
| ◆ Independence | ◆ Peace | ◆ Peer pressure | ◆ Exhaustion |
| ◆ Loneliness | ◆ Harmony | ◆ Patience | ◆ Getting everything done |
| ◆ Finances | ◆ Routine | ◆ Helping with homework | ◆ Being a good wife |
| ◆ Doubt | ◆ Sickness | ◆ Medical issues | ◆ Health concerns |
| ◆ Schedule | ◆ Wisdom | ◆ Balance | ◆ Temper |
| ◆ Communication | ◆ Organization | ◆ Finding personal time | ◆ Attitude |
| ◆ Family life | ◆ Time management | ◆ Teaching children | ◆ Control |
| ◆ Meals | ◆ Being everywhere at once | ◆ Housework | |

And I'm sure there are some others that you might add to the list such as: laundry, sibling rivalry, car troubles, getting into shape, getting enough sleep, marital strife, irritation with others, things breaking down, wanting things you can't afford, in-law problems, wanting to be liked and accepted, and other like issues of life.

I know when I was young, I hated to struggle with things. I saw it as a sign of weakness and failure, and no one in their right mind wants to live a life filled with weakness and failure, right??? And then I went to Disney World one summer and learned a very important truth that has changed my whole perspective on life. I would love to give this credit to God and the Bible, but the truth of the matter is, that *I had no idea that dealing with trouble was just a natural part of living an everyday life* until I walked up the steps to get on the log ride on at Disney World that summer and saw a sign written by Briar Rabbit that said:

**YOU CAN'T RUN FROM TROUBLE,
AIN'T NO PLACE THAT FAR**

I am happy to say, that since then, I have searched the scriptures to find out **what God has to say** about struggles, and how to deal with them, and these are the things that I would like to share with you in this Bible study today.

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A Woman & Her Walk With God Series

WHAT THE BIBLE HAS TO SAY ABOUT HOW TO DEAL WITH THE EVERYDAY STRUGGLES IN LIFE

1. **Struggles are caused by trouble, and trouble is here to stay (John 16:33; Job 14:1-2).** Jesus said in John 16:33, “*These things I have spoken unto you, that in me ye might have peace. In the world ye shall have tribulation: but be of good cheer, I have overcome the world.*” Having troubles is just a natural part of our earthly experience! Things like sickness, hatred, financial trouble, sibling rivalry, housework, being alone, peer pressure, evil, strife, and homework are a natural part of living in a sinful world. We will ALWAYS have to deal with these things, and the goal is to learn how to deal with them biblically so that they don’t rob us of our emotional stability.
2. **Sometimes our troubles are caused by our own sins (Deuteronomy 4:25-40).** Let’s face it, because we are sinners, we do things that cause us trouble. If we don’t raise our children correctly, they are going to grow up and cause us trouble. If we don’t manage our money wisely, we are going to have problems with money. If we aren’t nice to others, then we aren’t going to have any friends. If we don’t take good care of our physical bodies, chances are we are going to struggle with sickness. And if we are strong-willed and filled with pride, then we are going to struggle with strife. These are just a few examples of how many of us usually bring trouble upon ourselves.
3. **Sometimes our troubles are caused by our stand for Christ (Acts 14:19-28; I Peter 4:12-16; Acts 14:19-28)** Many times, as a woman becomes serious about her Christian faith, she will encounter struggles with other people because of it. Her neighbors will start to make fun of how she dresses or how many times she goes to church. Her extended family members will begin to undermine her high standards and make fun of her love for the Word of God. Or maybe even her own husband and children will harass her about going to church and reading Christian books.
4. **Sometimes our struggles are caused by things called “afflictions” allowed by God.** Job was afflicted as a testimony for God. Paul was allowed to struggle with his affliction as a reminder that he needed God. God told Hosea to stay married to an adulteress as an illustration of a message that He was trying to get across to His disobedient people.
5. **Struggles are meant to make us better Christians, not to make us feel like failures (Psalm 119:67; John 16:33; Romans 5:3-5; Hebrews 12:11; I Peter 1:6-7).** One of the main reasons that God allows us to deal with the struggle issues of our lives is because He is **trying** to develop emotional stable character traits in us. Romans 5:3-5 reminds us that we should GLORY in our tribulations, because dealing with our troubles will help us to develop the very wonderful trait of patience, which will yield itself to experience, which will eventually bear the wonderful fruit of hope. And what is hope? That feeling inside of us that God will eventually make everything turn out fine.
6. **When we don’t allow our struggles to refine us into becoming better Christian women, the devil uses them as tools to turn us into emotionally unstable women.** Rebekah became a *controlling* woman when she panicked because her husband wasn’t going to do God’s will, rather than trusting God to do what He had promised (Genesis 27). Michal became an *hateful* and *jealous* woman when her husband behaved in a way that embarrassed her, rather than being willing to rejoice with him when he rejoiced (II Samuel 6:16-23). Naomi became a *bitter* woman filled with self-pity when she blamed God for her hardships in life, rather than turning to Him for her help through them (Ruth 1:20-21). Martha became a *whiny* and *judgmental* woman when she allowed the urgent things in her life (housework) to become more important than the important things that were happening around her (Jesus being a guest in her home). And each of us will become like this too, when we react in the flesh to the struggles in our lives, rather than respond to them in a biblical way.

*In conclusion, I want to encourage you to remember something very important about the struggle issues of life: **struggles are caused by trouble, and trouble is here to stay.** And because of this, I want to encourage you to treat your struggles as tools of training in your life so that God can produce in your lives the good fruits of things like patience, experience, and hope: which will always bring you emotional stability and peace. If you don’t, you will be sorry, because the devil will take full advantage of them and use them to produce in you things like anger, hate, bitterness, and discontentment, which will only cause you to become emotionally unstable and behave like a whiny, hateful, bitter, control freak. And what sane woman would ever want to become like that?*