Life's Difficulties

Biblical encouragement for suffering, hardship, temptation, and difficult seasons

WHY THIS MATTERS

Providing biblical encouragement and practical guidance for individuals experiencing suffering, hardship, temptation, grief, anxiety, and other challenges.

> Start with Scripture. These recommended books, articles, and videos are supplemental tools to help you understand and apply God's Word.

ARTICLES & ONLINE RESOURCES

1. Fear and Anxiety — CCEF

Biblical counseling resources addressing fear and anxiety.

2. Suffering — Desiring God

Biblical encouragement for Christians walking through suffering.

3. Forgiveness — Desiring God

Resources on extending forgiveness and experiencing God's forgiveness.

4. CCEF — Biblical Counseling Resources

A broad library of articles, videos, and resources on the struggles of life.

5. Depression and Discouragement — CCEF Resources

Search CCEF's library for biblical counseling resources on depression and discouragement.

RECOMMENDED BOOKS

BOOK	Instruments in the Redeemer's Hands **Paul David Tripp** Helps Christians apply the Gospel to everyday struggles and help others grow through difficult circumstances.
BOOK	Walking with God through Pain and Suffering **Timothy Keller** A substantial biblical and theological treatment of suffering, grief, and God's sovereignty.
BOOK	When People Are Big and God Is Small **Edward T. Welch** Addresses the fear of man and the tendency to let other people's opinions control our lives.

BOOK

Dark Clouds, Deep Mercy
Mark Vroegop
An introduction to biblical lament and bringing pain and questions to God.

BOOK

Running Scared
Edward T. Welch
Examines fear and worry and encourages readers to trust God's character and promises.

VIDEOS & VIDEO LIBRARIES

CCEF — Biblical Counseling Resources

Articles and videos addressing common struggles and counseling questions.

Desiring God — Suffering

Teaching and encouragement for seasons of suffering.

BibleProject — Videos

Includes resources that help readers understand the Psalms and biblical themes of lament and hope.

SCRIPTURE TO STUDY

Anxiety and fear: Matthew 6:25–34; Philippians 4:4–9; 1 Peter 5:6–7; Psalm 56:3–4

Grief and suffering: Psalm 34:17–19; Romans 8:18–39; 2 Corinthians 1:3–7; Revelation 21:1–5

Forgiveness and bitterness: Ephesians 4:31–32; Colossians 3:12–13; Matthew 18:21–35; Romans 12:17–21

Temptation: 1 Corinthians 10:12–13; James 1:12–15; Galatians 5:16–25; Romans 6:1–14

RECOMMENDED STARTING POINT
Walking with God through Pain and Suffering by Timothy Keller.

A PASTORAL NOTE

These resources are not substitutes for professional medical or mental-health care. Serious depression, addiction, abuse, suicidal thoughts, and other significant concerns should be met with appropriate professional help alongside compassionate pastoral care.