

How to Handle Hardships in Life

Jesse Berthold / April 12, 2026

Morning Service

How to Handle Hardships in Life

Paul handled hardship by:

Expecting Hardship:

22 “And now I am bound by the Spirit to go to Jerusalem. I don’t know what awaits me, 23 **except** that the Holy Spirit tells me **in city after city that jail and suffering lie ahead.**

[Acts 20:22-23 \(NLT\)](#)

Staying focused:

24 But my life is worth nothing to me unless I use it for finishing the work assigned me by the Lord Jesus—the work of telling others the Good News about the wonderful grace of God.

[Acts 20:24 \(NLT\)](#)

Worshiping through it:

22 A mob quickly formed against Paul and Silas, and the city officials ordered them stripped and beaten with wooden rods. 23 They were severely beaten, and then they were thrown into prison. The jailer was ordered to make sure they didn’t escape. 24 So the jailer put them into the inner dungeon and clamped their feet in the stocks.

[Acts 16:22–24 \(NLT\)](#)

25 Around midnight Paul and Silas were praying and singing hymns to God, and the other prisoners were listening.

[Acts 16:25 \(NLT\)](#)

Refusing to quit:

8 We are pressed on every side by troubles, but we are not crushed. We are perplexed, but not driven to despair. 9 We are hunted down, but never abandoned by God. We get knocked down, but we are not destroyed. 10 Through suffering, our bodies continue to share in the death of Jesus so that the life of Jesus may also be seen in our bodies.

[2 Corinthians 4:8–10 \(NLT\)](#)

Leaning on grace:

9 Each time he said, “My grace is all you need. My power works best in weakness.” So now I am glad to boast about my weaknesses, so that the power of Christ can work through me.

[2 Corinthians 12:9 \(NLT\)](#)

Looking ahead:

18 Yet what we suffer now is nothing compared to the glory he will reveal to us later.

[Romans 8:18 \(NLT\)](#)

How to Handle Hardships in Life:

Trust in God’s Goodness

“The Lord is good, a strong refuge when trouble comes. He is close to those who trust in him.

[Nahum 1:7 \(NLT\)](#)

“You are good and do only good...”

[Psalms 119:68 \(NLT\)](#)

“And we know that God causes everything to work together for the good of those who love God and are called according to his purpose for them.”

[Romans 8:28 \(NLT\)](#)

Trust in God's Power:

O Sovereign Lord! You made the heavens and earth by your strong hand and powerful arm. Nothing is too hard for you!

[Jeremiah 32:17 \(NLT\)](#)

“For with God nothing will be impossible”

[Luke 1:37 \(NKJV\)](#)

“Now to Him **who is able** to do **exceedingly abundantly above all that we ask or think**, according to **the power that works in us**”

[Ephesians 3:20 \(NKJV\)](#)

Don't be afraid, for I am with you. Don't be discouraged, for I am your God. I will strengthen you and help you. I will hold you up with my victorious right hand.

[Isaiah 41:10 \(NLT\)](#)

Trust in God's Faithfulness:

The faithful love of the Lord **never ends!** His mercies **never cease.** ²³ **Great** is **his faithfulness;** **his** mercies begin **afresh each morning.**

[Lamentations 3:22–23 \(NLT\)](#)

Your unfailing love, O Lord, is as vast as the heavens; your faithfulness reaches beyond the clouds.

[Psalms 36:5 \(NLT\)](#)

God is our **refuge** and **strength**, *always ready to help* **in times of trouble**.

[Psalm 46:1 \(NLT\)](#)