

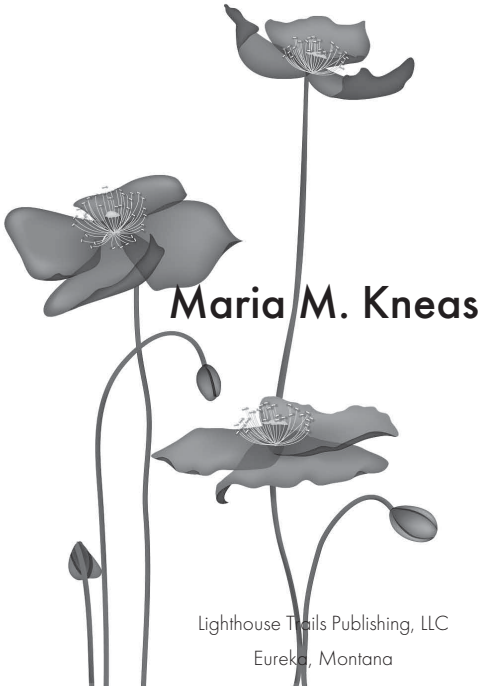
STRENGTH

FOR TOUGH TIMES

STRENGTH

FOR TOUGH TIMES

Encouragement from God's Word



Lighthouse Trails Publishing, LLC
Eureka, Montana

Strength for Tough Times

1st Lighthouse Trails Edition ©2010 by Maria Kneas

Published by
Lighthouse Trails Publishing, LLC
P.O. Box 908
Eureka, MT 59917
www.lighthousetrails.com

All rights reserved. No part of this book may be reproduced, stored in a retrieval system, or transmitted in any form by any means, whether electronic, mechanical, photocopying, recordings, or otherwise without prior written permission from the publisher.

Cover design by Lighthouse Trails Publishing. Cover photos by Laurin Rinder of Rinderart (landscape oil painting) and Zhen Guo, (flowers - front and back) from BigStockPhoto; used with permission.

All Scripture quotations are taken from the *King James Version*.

Library of Congress Cataloging-in-Publication Data

Kneas, Maria M.

Strength for tough times : encouragement from God's Word / Maria M. Kneas. -- 1st Lighthouse Trails ed.

p. cm.

Includes bibliographical references (p.).

ISBN 978-0-9824881-6-4 (softbound : alk. paper)

1. Trust in God--Christianity. 2. Christian life. I. Title.

BV4637.K56 2010

248.8'6--dc22

2010044940

Printed in the United States of America

To my husband, Ray,
who went home to be with the Lord
and is in a much better place
than we are.

The rest of us still face trials
in "this present evil world."
(Galatians 1:4)

But God is faithful—
His love is beyond our comprehension,
His grace is sufficient for all our needs,
and His Word gives us comfort
and guidance.



CONTENTS

PREFACE.....	11
TRUSTING GOD.....	13
Building Trust.....	18
Strengthening Our Relationship.....	19
Gratitude.....	19
GOD'S LOVE.....	23
STRENGTH FROM SCRIPTURE.....	25
Bless the Lord At All Times.....	29
YOUR WORD.....	33
COMMON SENSE & THE BIBLE.....	35
Jesus' Teachings Made Sense.....	39
BLESSINGS IN DISGUISE.....	43
FAITHFUL FRIEND.....	49
OVERCOMING OBSTACLES.....	51
Independence and Self-Reliance.....	51
Self-Pity.....	53
Circumstances.....	57
Not Forgiving.....	61
What Are We Thinking About?.....	61
Too Much Focus on Ourselves.....	62
God's Power and Faithfulness.....	65
MIGHTY GOD.....	67

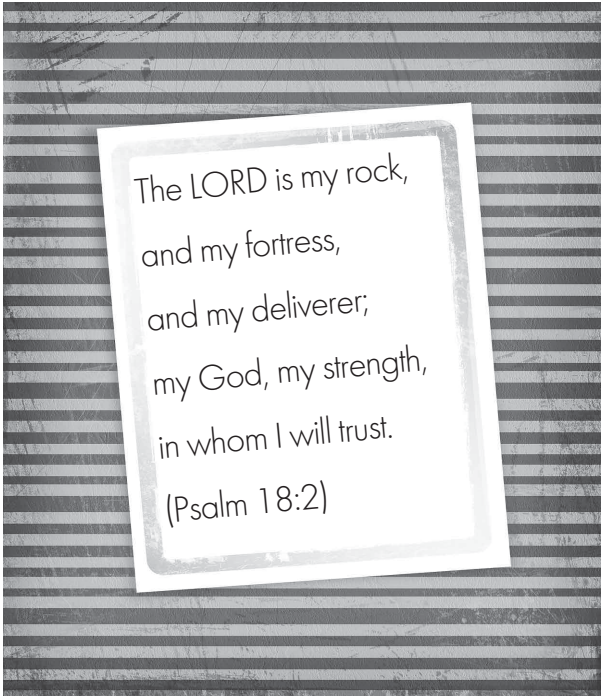
FORGIVING	69
Why We Should Forgive	72
The Ravensbruck Prayer	77
Forgiving Their Captors	78
LEAVING THE PAST BEHIND	79
FACING THE UNEXPECTED.....	81
HAVE MERCY, O LORD.....	86
God Makes All Things New	87
ABOUT THE AUTHOR.....	89
ENDNOTES	93
PHOTO & ILLUSTRATION CREDITS	95
SCRIPTURE VERSE INDEX	97
OTHER RESOURCES	99

The LORD will give strength
unto his people
(Psalm 29:11)

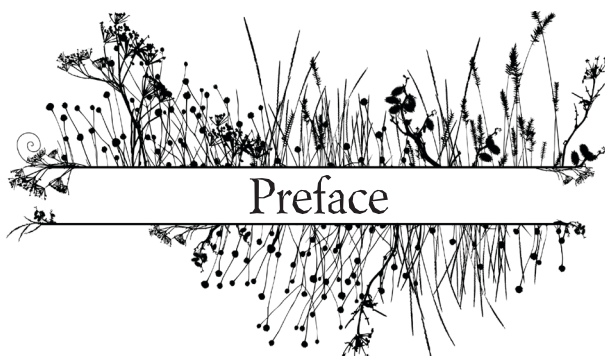
And we know that
all things work together for good
to them that love God,
to them who are the called
according to his purpose.
(Romans 8:28)

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.
(John 16:33)

Nay, in all these things
we are more than conquerors
through him that loved us.
(Romans 8:37)



The LORD is my rock,
and my fortress,
and my deliverer;
my God, my strength,
in whom I will trust.
(Psalm 18:2)



SURPRISING events have been happening in America, and things in which we used to trust no longer seem to be reliable. How can we find security, peace, and joy under such circumstances?

Only God has enough love, power, and faithfulness to be our defense, our rescuer, and our refuge. He is the solid Rock on which we can safely stand (Psalm 62:5-7).

Everything else is only “sinking sand.” It promises safety for a while, but sooner or later it fails us.

How can we apply these Scriptural principles to everyday life? *Strength for Tough Times* has practical lessons that were learned the hard way—in the furnace of affliction. That is where we discover how much we can trust God.

I know something about affliction because I watched my husband die. And I can testify that God is faithful. He loves us, and He will bring good out of everything that happens to us if we love Him (Romans 8:28).