

# HEALING LIFE'S ISSUES

There are times when a lot of little things pile up until everything seems like a major issue. And, there are times when big things start to pile up. This is when you need to start getting Jesus to help you find out what life is all about.

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The Healing Series

# Introduction

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## Life Issues

Sometimes it isn't one big problem you are having to deal with; it can be a whole bunch of little problems that have piled up. In this case, you will need to take all your smaller problems and deal with them like they are one big issue. In this study, Jesus will help you learn, in a general way, how to deal with all of the situations you come across as you live each day.

If you feel you have a problem that you can't quite identify, this is a good way for you and Jesus to approach a solution to it. If it is a lot of problems, but you have one that seems to be the most challenging, whenever you see the word "life," you can mentally replace it with the word that represents your unique problem. You will find that this is a very helpful way for Jesus to give you the Biblical principles you need, so you can get the victory over one or more problems.

However, if you *can* find a specific subject that will help you, it would be better to learn these Biblical principles in a more specific way. There are books similar to this one that deal with finances, relationships, emotions, relationships, and spiritual issues. You should only use this method of learning this powerful system in a general way, if you can't identify your problems directly.

## Truth And Prayer Pages

Truth Pages: Jesus uses these pages to help you know how life really works. He said: **"Then you will know the truth, and the truth will set you free (John 8:32 NIV)."** This is actually a two-step process. First, you must find out what the truth is. Then you must do what it takes to get that truth into your life, so you can be set free. In Matthew 7:7 Jesus said: **"Ask and it will be given to you; seek and you will find; knock and the door will be opened to you (NIV)."**

Prayer Pages: Jesus uses these pages to lead you into asking Him to put the truths on the Truth Pages into your life. If you just read truths and don't ask for Jesus to put them into your life, then all you get is a lot of information—wonderful information—but just information. So, first there will be Truth Pages and then Prayer Pages for each day. The best way is to just read one, two part, chapter a day and then spend the day talking to Jesus about what He taught and put into you. For example, it will be Chapter One – Truth and then Chapter One – Prayer.

# Chapter One - Truth

## Give Me A Break!

### Accumulating Life-Problems

Sometimes we don't really have a specific problem we are currently dealing with. At least it isn't something we can put our finger on. But, we still need help with the day-to-day issues of life. We have little problems that keep coming at us; and when you add them all up, it can amount to a big one.

Now and then life can keep chipping away at you, trying to tear you down. It is when you start feeling like you just can't catch a break that you need to get some help. If you simply try to tough it out, it can eventually wear you down and start to create bigger, more difficult problems in your emotions. If your emotions begin to go on a downward trend, it affects the way you deal with the people around you. That can hurt your ability to function in your relationships, on the job, in your physical condition, and in your spiritual health.

### Why Am I Being Picked On?

Life doesn't always move along smoothly. Life's problems don't always come a little bit at a time. You can go for years with everything being pretty good. Just enough problems and just enough successes for you to handle them and recuperate from their stress and pain. Then, all of a sudden, they start to pile up, while coming at a rapid pace. This causes you to wonder why all of this is happening to you.

Even though a lot of things in your life are pretty good, the constant and persistence flood of little things can draw your attention off of those good things. This keeps you looking at the difficult things that are happening to you. If you don't get some external help, you can start to see your entire life as being one big problem.

## I Think You Can Handle This

In this study, Jesus will help you see where your life's problems are coming from, why they are coming, and what to do about them. He also helps you develop good attitudes of faith, hope, and assurance that things are going to work out.

Through this study, Jesus approaches life different from those programs that only try to get you shaped up, so you can have a better attitude about all the bad things happening to you. You will need to let Jesus lead you into a relationship with Him, where you work together on them. You will still have to do the work; but, you will do it, while yielding to Jesus and His knowledge, foreknowledge of the future, understanding, wisdom, and power.

**Rom 8:28 (NIV) And we know that in all things God works for the good of those who love Him, who have been called according to His purpose.** Jesus has the power to start helping you with your life's circumstances. He is bigger and more powerful than you are. He has the ability to change things that are happening outside your influence. You just need to know how to tap into all He has to offer. Once you learn how to do that, things will look a lot different to you; and your life will take on a much more "normal" pattern.

# Chapter One - Prayer

## Give Me A Break!

### Accumulating Life-Problems

Jesus, sometimes I don't really have a specific problem I am currently dealing with. At least it isn't something I can put my finger on. But, I need Your help with these day-to-day issues of my life. I have little problems that keep coming at me; and when I add them all up, it is often like having a big one.

Jesus, now and then my life starts chipping away at me, trying to tear me down. I have started feeling like I just can't catch a break; so, I need You to help me. Help me stop trying to tough it out, so You can keep it from continuing to wear me down and start creating bigger, more difficult problems in my emotions. My emotions have started going on a downward trend. Help me keep them from affecting the way I deal with the people around me. Give me Your power and ability to function, in my relationships, on the job, in my physical condition, and in my spiritual health.

### Why Am I Being Picked On?

Jesus, like everyone else, my life doesn't always move along smoothly. Sometimes my life's problems don't come a little bit at a time. I thank You for those times, when I go for years with everything being pretty good. Just enough problems and just enough successes for me to handle them and recuperate from their stress and pain. But, all of a sudden, they are starting to pile up, while coming at a rapid pace. Help me put all these issues into your hands, so I can receive Your miracles in my life.

Jesus, even though a lot of things in my life are pretty good, the constant and persistence flood of little things have been drawing my attention off of the good things. Help me stop looking at all the difficult things that are happening to me. Help me see You as the solution to all these issues coming my way.

### I Think You Can Handle This

Jesus, use this study to help me see where my life's problems are coming from, why they are coming, and what to do about them. Help me develop good attitudes of faith, hope, and assurance that things are going to work out, because I am working together with You.

Jesus, help me not be looking for this program to be trying to get *me* shaped up, so I can have a better attitude about the bad things happening to me. Lead me into a relationship with You, where we work together on them. I understand that I still have to do the work; but, help me do it, while yielding to You, Your knowledge, Your foreknowledge of the future, Your understanding, Your wisdom, and Your power.

**Rom 8:28 (NIV) And we know that in all things God works for the good of those who love Him, who have been called according to His purpose.** Jesus, You have the power to start helping me with my life's circumstances. You are bigger and more powerful than I am. You have the ability to change things that are happening outside my control. Help me tap into all You have to offer me. Show me that, once I learn how to do that, things will look a lot different to me. Let my life take on a much more "normal" pattern.

## Chapter Two - Truth Life Categories

### Jesus' Life-Principles

Typically, you will run into issues in one Life Category. It will either be in your emotions, your relationships, your finances, your physical issues, or your spiritual needs. When you have a big problem in one of these areas, you can concentrate on it and find the answers Jesus provides to solve it. But, when you have small problems coming from several of these Life Categories, it becomes difficult to put a label on it.

As you look over all the things you are going through, it is almost impossible to know what area to attack first. You probably need help with your finances, your relationships, your emotions, and maybe even some help with a few physical problems. But, you don't have to identify one particular problem, if they are small. You just need to deal with the fact that they have accumulated and are piling up.

The thing about Jesus' way of solving things is, He can take all of them and give you principles and healing that solve them as one group. That's why He is taking you through a study and prayer time that deals with life in general.

### Everything's Going Wrong

In most cases, you would be encouraged to pick the problem or issue that is bothering you the most. Then you go through a specific study that would deal with that issue. But, in this case, you will be picking a *group* of problems that you want to deal with. No particular one may be bothering you more than any other. But, because of the amount, they are problems that are most urgent.

When you have a group of problems, that if neglected, will cause you a lot of pain and suffering, it is good that you have decided to bring them to Jesus. They may be problems that are causing a lot of the other problems; and, Jesus needs to stop their progress. For example, you may be struggling in your finances, this can cause a lot of things to go wrong all over your life. As Jesus addresses them all, you get your life back.

## **Distractions**

Some problems are things that really bother you and often get your immediate attention. But, if you have another group of problems that are getting worse, you need to drop the group that usually gets your attention and let Jesus deal with the group that is urgent. Don't allow a financial, relational, emotional, physical, or spiritual group keep getting worse through neglect. Let Jesus help you navigate through all of these issues.

One of the first things you need to do is write down everything that is bothering you. List every problem, difficulty, concern, challenge, assignment, and need, so you can get them out where you can see them; they must not just be unidentified problems. Ask Jesus to help you round them all up and get them down on a list. At first, you just need to put them down, as you think of them.

Next, you need to order them according to category. That is where the categories of financial, relational, emotional, physical, or spiritual issues can help. Then, within each category, arrange them in order of priority. Then ask Jesus to help you decide what group needs to be taken care of first.

Of those that need to be taken care of first, what do you have the resources to take care of? If you can't take care of something because of a lack of resources, then put it on another list. Just prepare to do those things you can do and list the others on the "Don't Have The Resources" list. Ask Jesus to give you the love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control in Galatians 5:22-23. These are the fruit of the Spirit and will empower you to do this.

## **Prayer List**

Those groups God has already given you the resources for, you will need to list according to how soon they need to be done. If there is a natural order to somethings, then it is best to do them in that order. Sometimes you can't do one thing until you have finished something else. Those will have to be listed in their "natural" order. Be praying and asking Jesus to help you with His knowledge, understanding, wisdom, and power.

Once you get your list made up, this becomes your *Prayer List*. When life gets so difficult that you begin to suffer because of it, it has reached a place where Jesus is trying to teach you not to try to handle life on your own. This may be the most powerful and rewarding moment in your life. Jesus is about to help you learn spiritual principles that really work in Christianity. He is heading you into a way of life that will set you free.

Since you are a person who got to this place and then turned to Jesus, He will be using this stressful situation to help you learn how to put your total trust in Him. Problems that motivate you to seek more and more of Jesus and His Bible, are problems that you are letting help you in a powerful and wonderful way.

## Your Number One Principle

A lot of people believe God wants them to do their very best to handle all of life's situations on their own. You may have heard people say, "God helps those who help themselves." Even though these people say these things with great confidence and authority, they don't speak for God. Would you like to know what Jesus said? He said: "Apart from Me you can do nothing." He isn't saying you can do nothing; He is saying that you can't do anything **apart** from Him.

Jesus wants to be a part of everything you do. He isn't interested in running your life or bossing you around. He has given you a free will and honors it in a very determined way. He will let you do whatever you want, no matter what the consequences are. But, He would *like* to be included in your whole life. This situation you are in now, may help you to learn how to spend all day long, every day with Him.

### The Way It *Really* Is

Here's the truth of the matter: God helps those who *ask* for His help. Mat 7:11 (NIV) If you, then, though you are evil, know how to give good gifts to your children, how much more will your Father in heaven give good gifts to those who *ask* Him!

Jesus doesn't care how big or small your need is; He doesn't even care if it is a problem or a need. He is willing to just have regular conversations with you about anything you want to talk about. Typically, life gets complicated because of the neglect of your relationship with God. Soon you will discover that He had advice and help that would have kept you from having many of the problems in the first place.

But, you don't need to move into what could have been; just keep heading into the things Jesus has for your future. You are learning all the things He has available. All you have to do is, learn what they are, how to get them, and then how to use them. As this starts happening to you, your life will begin improving and getting much simpler and more wonderful.

### Praying The List

Start at the top of the list, that has the group of issues that is most important. If it is a group on the "Don't Have The Resources" list, then you would start praying for God to send you the resources. He may want to work a miracle and just send the resource to you; or, He may want to give you an idea for how to go about getting the resources. As God sees to it that you have the resources, you will be able to solve that problem.

God's ideas, that He puts in your mind, *never* have questionable aspects to them. If you get an idea that has the slightest bit of illegal, dishonest, gray area, or not so nice concepts in them, it is *not* an idea from God. Keep praying! Spend as much time as you need, praying for Jesus' help. But, ask Jesus to help you trust Him with these things on your lists and stop worrying about them; believe in Jesus.

One of the most important aspects of this prayer time is an emotional one. You need to stay there with Jesus for as long as it takes for you to start feeling safe, protected, blessed, and loved by Him. Faith is a vital part of your relationship with Jesus. It is very offensive to Him for you to doubt His word; this is an affront to His integrity and honesty. He wants you to keep talking to Him and getting to know Him, so you can learn to trust Him more.

Pray for Jesus' help on as many of the groups, on the list, as you want to. Keep in mind that He typically doesn't do anything you don't ask for. The reason for this is because He is very careful to not thwart or interfere with your God-given free will. He usually waits to be invited into any situation you may have. Prayer is a very important method for inviting Jesus into an issue you are facing.

## **General Invitations To Jesus**

Usually, Jesus won't respond to generic, all-inclusive appeals for help. Your God-given free will is very fragile and is protected by Him at all costs. You may not care about your free will at times. However, He protects it and honors it in all His relationships with you. You will have to go through your list and give Him very specific requests for each individual issue.

## **Chapter Two - Prayer Life Categories**

### **Jesus' Life Principles**

Jesus, I have run into lots of issues in my emotions, my relationships, my finances, my physical issues, or my spiritual needs. When I had a big problem in one of these areas, I could concentrate on it and get the answers You had to solve it. But, right now, I have a lot of small problems coming from several of these Life Categories, it is difficult for me to put a label on them. Help me just put them into groups and let you deal with them that way.

Jesus, as I look over all the things I am going through, it is almost impossible to know what area to attack first. I need help with my finances, my relationships, my emotions, a few physical problems, and some spiritual issues. Help me see that I don't have to isolate one particular problem, if they are small. Help me just deal with the fact that they have accumulated and are piling up on me.

Jesus, help me see if all my little problems are coming from some specific category or all just random issues. Guide me in how to group them, so I don't have to isolate all of them and deal with them individually. Help me be able to make some sense of them and get them organized, so I can bring them to You as a group.

## Everything's Going Wrong

Jesus, I can see that in most case, I would be encouraged to pick the problem or issue that is bothering me the most and then go through a study that deals with that issue. But, in my case, help me pick the group of problems that You and I need to deal with. They may not be bothering me the most; but, they are problems that are most urgent, show me how to address them.

Jesus, if I have a group of problems that, if neglected, will cause me the most difficulties, then show me how to evaluate each item in that group, so you can lead me into dealing with the right one. Set me free from confusion and feeling like there is no pattern to my issues. Help me put each one under a relational, financial, emotional, physical, or spiritual category. Help me not just see a whole bunch of unrelated problems.

## Distractions

Jesus, some of my problems are things that really bother me and often get my immediate attention. But, if I have another problem that is getting ready to get worse, help me drop the one that usually gets my attention and bring the one that is urgent to You. Help me not allow something to keep getting worse through neglect. Guide me in writing down everything that is bothering me. Help me remember every problem, difficulty, concern, challenge, assignment, and need, so I can get them out where I can give them to You.

Jesus, help me order each issue, problem, and need according to the group they belong in and then according to priority. Show me what group needs to be taken care of first. Of those that need to be taken care of first, show me whether or not I have the resources to take care of them. If I can't take care of a group because of a lack of resources, help me put it on a Prayer List.

Jesus, prepare me to do those things I can do, because I have the resources for taking care of them. Then help me put the others on a "Don't Have The Resources" list. Help me understand that I am to put them on each list and then give them to You. Empower me to not worry, keep thinking about, or going back to the "Don't Have The Resources" list until I have the resources for it. Help me totally trust You will all the items on all the lists.

## Prayer List

Jesus, those things You have already given me the resources for, help me list them according to how soon they need to be done. If there is a natural order to a group, help me do it in that order. Show me that sometimes I can't do one thing until I have finished something else. Let those be listed in their "natural" order. Help me work with You on the ones that are ready, while being completely relaxed about all items below them.

Jesus, once I get my lists made up, let them become my Prayer List and not my worry list. When life gets so difficult that I begin to suffer because of it, help me see that it has reached a place where You are teaching me to stop trying to handle life on my own. Since I got to this place and then turned to You, help me see that I used a stressful situation to help me learn a very important lesson. I am joining You and making You a major part of my life.

## **My Number One Principle**

Jesus, there have been times when I believed that You wanted me to do my very best to handle all of life's situations on my own. I have heard people say, "God helps those who help themselves." These people said this with great confidence and authority, teach me that they don't speak for You. Teach me that You said: "Apart from Me you can do nothing." Help me understand that You aren't saying I can do nothing; You are saying that I can do nothing *apart* from You.

Jesus, be a part of everything I do. Teach me that You aren't interested in running my life or bossing me around. You have given me a free will and honor it in a very determined way. You will let me do whatever I want, no matter what the consequences are. But, help me include You in on my whole life. Use this stressful situation to teach me how to join You with my whole life from now on.

## **The Way It *Really* Is**

Jesus, teach me that this is the truth of the matter: God helps those who *ask* for His help. He doesn't care how big or small my need is; He doesn't even care if it is a problem or need. Help me believe that He is willing to just have regular conversations with me about anything I want to talk about. Help me see that life typically gets complicated because of my neglect of my relationship with You. Help me discover that You had advice and help that would have kept me from having many problems in the first place.

Jesus, help me not move into regret and get stressed about what could have been. Help me keep heading into the things You have for my future. Help me see what could have been and use it to motivate me into always joining You. Help me start learning all the things You have available. Teach me that all I have to do is, learn what they are, how to get them, and then how to use them. As this starts happening to me, help me realize that my life will begin improving and getting much simpler and much more wonderful.

## Praying The List

Jesus, as I bring the “Don’t Have The Resources” list to You, help me ask You to send me the resources. If You want to work me a miracle and just send the resource to me, let me be looking for miracles. But, if You want to give me an idea for how to go about getting the resource, help me also be looking for supernatural ideas. Help me be looking for all kinds of solutions, because I am dealing with a supernatural God.

Jesus, teach me that Your ideas, that You put in my mind, *never* have questionable aspects to them. If I get an idea that has the slightest bit of illegal, dishonest, gray area, or not so nice concepts in them, make it clear to me that it is *not* an idea from You. Help me keep praying! Let me spend as much time praying for Your help as I need.

Jesus, show me that one of the most important aspects of this prayer time is an emotional one. Help me stay there with You for as long as it takes for me to start feeling safe, protected, blessed, and loved. Help me see that faith is a vital part of my relationship with You. Show me that it is very offensive to You for me to doubt Your Word; this is an affront to Your integrity and honesty. Help me to keep talking to You and getting to know You, so I can learn to totally trust You.

Jesus, help me pray on as many of the groups on the list as I want to. Help me keep in mind that You usually don’t do anything I don’t ask for. Help me appreciate the reason; show me that this is because You are very careful to not thwart or interfere with my free will. You usually wait to be invited into any situation I may have. Teach me that prayer is a very important method for inviting You into an issue I am facing.

## General Invitations To God

Jesus, teach me that You typically don’t respond to generic, all-inclusive appeals for help. Since my God-given free will is very fragile and is protected by You at all costs, You are very careful. There may be times when I will just want You to do something, even if it is against my free will. However, help me see that You protect it and honor it in all Your relationships with me. Help me understand that I will have to go through my list and give You very specific requests for each individual item.

## Chapter Three - Truth

### Item Removal

As Jesus starts helping you with a group on your list, it is important that you not just cross it off. You need to make a new list that you will want to keep for the rest of your life. This is an Appreciation List; it is where you remove an item from your Prayer List and put it on this Appreciation List. Your relationship with God will grow into a wonderful experience, as you start thanking Him for the answers He gives you.

This Appreciation List will also be a tool for faith-building. As you face new things that are extremely challenging and threatening, your faith can take a nose dive. You may experience panic, fear, doubt, and worry. It is at that moment that you take out your Appreciation List and start thanking Jesus for all the things He has *already* done for you.

### Building Faith Through A List

An Appreciation List is a special tool that will transform your faith. Start at the top of your Appreciation List and try to remember the specific circumstances that surrounded that former problem. Try to remember any doubt, fear, turmoil, pain, or stress you went through *before* God sent you His answer to the problem.

While still on the first item of your Appreciation List, go over all the events that led up to the solution to that problem. Were there times when it all looked impossible? Did things happen that made it look like you were going to fail or go under? What did God do that changed all that?

As you ask yourself questions, start trying to compare that past situation with the one you are in now. Does *it* (the one you are facing now) look impossible? Are there things happening that make *this one* look like *it* is going to cause you to fail? Based on your past experiences with God, what do you *believe* He is going to do to solve *this one*?

The thing for you to also notice is that the solution may be a very different solution than the last one. But, pay close attention to the supernatural aspects of this one. Journaling may be a way to better remember the circumstances.

### Variety

Go to the next item on your Appreciation List. Ask the same questions and try to remember all the trauma you went through on it. Compare the way you felt and the things you thought *before* God answered that prayer. Did He use the same solution He used on your first item on the list? Or, did He use an entirely different method for solving it? God is sovereign; He is in charge; we can't tell Him what to do. And, that is wonderful, because He knows much better ways of solving things than we do.

Keep going down the Appreciation List, item by item, while following the same system. But, add one more thing to the process. Start noticing how different God responded to bringing the solutions to the items on the Appreciation List. Variety and new approaches are characteristic of God's solutions to our problems. When you try to guess what God is going to do to solve a problem, it is almost always wrong.

This variety, that comes in God's answers to your prayers, needs to be accepted by you. We are typically geared to doing things a certain way. We tend to expect God to use some past method to help us with our new issues. But, as you will be able to see from your Appreciation List, once you make one, God uses as many new ways of doing things, as there are items on the list.

## Moving Into The Studies

You are now ready to start learning how to get God's help with the things on your list. There are powerful principles, from Jesus, that are going to take the things you have learned, so far, and use this information to start changing your life. The list system only scratched the surface of all those things He has provided for you. As you move into the next phase of these studies and prayers, continue the list system; but, allow God to perfect it. Allow Him to show you how to use it to learn how to get the answers and faith you need.

## Chapter Three - Prayer Item Removal

Jesus, as You start helping me with an item on my list, help me not just cross it off or forget about it. Help me make a new list that I keep for the rest of my life. Let it be an Appreciation List; remind me to remove a group or item from my Prayer List and put it on my Appreciation List. Show me that my relationship with You will grow into a wonderful experience, as I start thanking You for the answers You gave me.

Jesus, let this Appreciation List be a tool for faith-building. As I face new things that are extremely challenging and threatening, my faith can take a nose dive. I may experience panic, fear, doubt, and worry. Help me, that moment, take out my Appreciation List and start thanking You for all the things You have *already* done for me.

## Building Faith Through A List

Jesus, teach me a special technique for transforming my faith. Help me start at the top of my Appreciation List and try to remember the specific circumstances that surrounded that former problem. Help me try to remember any doubt, fear, turmoil, pain, or stress I went through before You sent me Your answer to the problem. While I am still on the first item of my Appreciation List, help me go over all the events that led up to the solution to that problem.

Jesus, as I go through my Appreciation List, remind me that there were times when the issue looked impossible. Things happened that made it look like I was going to fail or go under. Help me remember what You did that changed all that. Help me start trying to compare that past situation with the one I am in now. Does *it* look impossible? Are there things happening that make *this one* look like *it* is going to cause me to fail? But, based on my past experiences with You, help me *believe* You are going to solve *this one* too!

## Variety

Jesus, help me keep going down the list, item-by-item, in my Appreciation List. Help me ask questions and try to remember all the trauma I went through on it. Help me compare the way I felt and the things I thought *before* You answered that prayer. Help me notice whether You used the same solution You used on my first item, or, You used an entirely different method for solving it.

Jesus, You are sovereign; You are in charge; help me not try to tell You what to do. And, help me see that this is wonderful, because You know much better ways of solving things than I do. Help me keep a journal, so I can get the most from going over my Appreciation List.

Jesus, as I keep going down the Appreciation List, help me add one more thing to the process. Help me start noticing how different God responded to bringing the solutions to the items on the Appreciation List. Show me the variety and new approaches that are characteristic of God's solutions to my problems.

Jesus, help me accept Your variety, that comes in Your answers to my prayers. Help me see that I am typically geared to doing things a certain way. Help me not expect You to use some past method to help me with my new issues. But, as I can see from my Appreciation List, You used as many new ways of doing things, as there are items on my list.

## Moving Into The Studies

Jesus, help me be ready to start learning *how* to get Your help with the things on my list. Teach me that there are powerful principles, from You, that are going to take the things I have learned, so far, and use this information to start changing my life. Help me see that the list system only scratches the surface of all those things You have provided for me.

Jesus, as I move into the next phase of these studies and prayers, help me continue the list system; but, help me allow You to perfect it. Help me allow You to show me how to use it to learn how to get the answers and faith I need from You.

# Chapter Four - Truth