

## How to Struggle Well

### Ready:

“But if we confess our sins to him, he is faithful and just to forgive us our sins and to cleanse us from all wickedness.” -- Hebrews 10:18

### Set

Can we be honest for a moment? Christ-followers struggle. I do. You do. We all do. Hopefully, you’re breathing a little easier. I know that I am.

Two common lies perpetuate the “Christians-don’t-struggle” mentality circulated today. The first lie is this: “If I follow Jesus, then my life will be perfect.” The second is equally as detrimental: “God only cares about my salvation.”

Here’s the reality check for every Christ-follower—we need to learn how to struggle well. At the time of salvation (placing individual trust in Jesus’ sacrifice), God promises to provide a new heart and His Spirit (Ezekiel 36:26-27). We are adopted as children into His family (1 John 3:1). In this moment, we forever enter a new battle, the battle of **desire**. The new heart God gave us **desires** to know and follow Him. Yet, the Bible clearly states that we still have remnants of our old, sinful nature (known as the “flesh”) which arouses its own evil **desires** that are in direct opposition to God’s Spirit within us. The struggle is real.

This very struggle is the highest calling. The true mark of a Christian is not perfection, it’s conviction. In those moments where we blow it, the Holy Spirit illuminates our mistakes and invites us to return to God: “But if we confess our sins to him, he is faithful and just to forgive us our sins and to cleanse us from all wickedness” (1 John 1:9).

We never lose our place in God’s family. We can, however, hurt our fellowship with God. Something can distort our communication and intimacy with Him. God’s **desire** toward you is that you return to Him—He longs for you. God’s voice is convicting but never condemning. Stay encouraged! When you struggle, it shows that God is working. He’s calling you deeper. He’s exposing an area of your life that He wants to heal, redeem, or set free.

### Return to Him.

How? Get honest about your struggle and flesh’s desires. Confess your sin. Repent and turn from it. Then—and gloriously then!—deep fellowship is restored with your Heavenly Father.

### Go

- In what areas of your life do you struggle most?
- How do you feel knowing that God deeply desires you?

- Is there an area in your life that you need to confess and repent of, so that you can return to deeper fellowship with God?

### **Workout**

1 John 2:17; 1 John 3:20; 1 John 4:2

### **Overtime**

“Father, thank You graciously pursuing me, time and time again. Take me on a journey of intimately knowing You. I desire a deeper relationship with You. Amen.”

### **Bible Reference:**

Hebrews 10:18

1 John 2:17

1 John 3:20

1 John 4:2



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8701 Leeds Road | Kansas City, MO 64129 | 800.289.0909

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