

I am normal

Romans 12:15

Rejoice with those who rejoice, and weep
with those who weep.

Ecclesiastes 3:4

There is

A time to weep,


And a time to laugh;

A time to mourn,

And a time to dance

Proverbs 25:20

Like one who takes away a garment in cold weather,
And like vinegar on soda,
Is one who sings songs to a heavy heart.

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- We are often baffled
 - These trials hurt
 - They take time

Job 3:3

“May the day perish on which I was born,
And the night in which it was said,
‘A male child is conceived.’

Mark 15:34

And at the ninth hour Jesus cried out with a loud voice, saying, “Eloi, Eloi, lama sabachthani?” which is translated, “My God, My God, why have You forsaken Me?”

Isaiah 57:15

For thus says the High and Lofty One
Who inhabits eternity, whose name is Holy:
“I dwell in the high and holy place,
With him who has a contrite and humble spirit,
To revive the spirit of the humble,
And to revive the heart of the contrite ones.

Psalm 34:17-18


17 The righteous cry out, and the Lord hears,
And delivers them out of all their troubles.

18 The Lord is near to those who have a broken heart,
And saves such as have a contrite spirit.

Isaiah 57:18-19

18 I have seen his ways, and will heal him;
I will also lead him, and restore comforts to him
and to his mourners.

19 “I create the fruit of the lips:
Peace, peace to him who is far off and to him who is near,”
Says the Lord, “And I will heal him.”

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- Because God is training us for reigning. When Jesus comes back, we will reign with Him.
 - Because we have flaws that hinder us in this life. They are weights that we carry, sometimes even without knowing. God wants to remove them and to show us how much better we are after we have been exercised by this process.
 - Because we also learn how faithful and trustworthy God is.

Hebrews 12:11

Now no chastening seems to be joyful for the present, but painful; nevertheless, afterward it yields the peaceable fruit of righteousness to those who have been trained by it.

Hebrews 12:12-13

12 Therefore strengthen the hands which hang down, and the feeble knees,

13 and make straight paths for your feet, so that what is lame may not be dislocated, but rather be healed.

1 Corinthians 10:13

No temptation has overtaken you except such as is common to man; but God is faithful, who will not allow you to be tempted beyond what you are able, but with the temptation will also make the way of escape, that you may be able to bear it.

Isaiah 35:3-4 NLT

3 With this news, strengthen those who have tired hands, and encourage those who have weak knees.

4 Say to those with fearful hearts,

“Be strong, and do not fear, for your God is coming to destroy your enemies. He is coming to save you.”

Hebrews 12:1-2

1 Therefore we also, since we are surrounded by so great a cloud of witnesses, let us lay aside every weight, and the sin which so easily ensnares us, and let us run with endurance the race that is set before us,
2 looking unto Jesus, the author *[originator]* and finisher *[perfecter]* of our faith, who for the joy that was set before Him endured the cross, despising the shame, and has sat down at the right hand of the throne of God.

Psalm 6:3

My soul also is greatly troubled;
But You, O Lord—how long?

Psalm 13:1-2

1 How long, O Lord?

Will You forget me forever?

How long will You hide Your face from me?

2 How long shall I take counsel in my soul,

Having sorrow in my heart daily?

How long will my enemy be exalted over me?

Job 23:10

But He knows the way that I take;
When He has tested me, I shall come forth as gold.

Romans 2:4

Or do you despise the riches of His goodness, forbearance, and longsuffering, not knowing that the goodness of God leads you to repentance?

Betsie's quote

There is no pit so deep that God is not deeper still

2 Corinthians 4:7-11

7 But we have this treasure in earthen vessels, that the excellence of the power may be of God and not of us.

8 We are hard-pressed on every side, yet not crushed; we are perplexed, but not in despair;

9 persecuted, but not forsaken; struck down, but not destroyed—

10 always carrying about in the body the dying of the Lord Jesus, that the life of Jesus also may be manifested in our body.

11 For we who live are always delivered to death for Jesus' sake, that the life of Jesus also may be manifested in our mortal flesh.

Psalm 40:1-3

1 I waited patiently for the Lord;

And He inclined to me, and heard my cry.

2 He also brought me up out of a horrible pit,

Out of the miry clay, and set my feet upon a rock,

And established my steps.

3 He has put a new song in my mouth—

Praise to our God; many will see it and fear,

And will trust in the Lord.