

6 Solutions

Dealing with Sorrow, Suffering, and Setbacks

by Rachel and Sarah Smartt

1. **Pray for Strength, Understanding and Increased Faith.** *The Savior can empower us to become more than we could ever be on our own. He reminds us in the Scriptures to come unto Him and take His yoke upon us so that our burdens can be lighter. His power strengthens us and increases our faith and natural capacities. Increased faith allows us to face our fears with courage and confidence. Increased faith helps us to trust in the Lord and surrender our desires and will to God. Faith inspires us to look up when our eyes are filled with tears and we have no strength to stand, yet say, “Oh God, I will.” Faith is knowing that personal revelation through prayer and study of the Scriptures is the greatest source for divine guidance, clarity, and peace.*
2. **Adjust Your Attitude.** What we focus on we amplify. Focus on what you DO have rather than what you lack. By doing so, you realize the abundance in your life, magnify and brighten the good times and minimize the difficult memories. Suffering is not overcome by avoiding pain, but rather, by accepting and working through the pain. Rather than staying stuck in our suffering, we utilize strategies like gratitude practice and reframing. To reframe our life’s experiences, we switch our focus from what we want or what pains us to what we have and how we are growing. Daniel Defoe said, “I learned to look more upon the bright side of my condition, and less upon the dark side, and to consider what I enjoyed, rather than what I wanted.”
3. **Understand that Pain is the Greatest Teacher.** Imagine if you knew you were going to die within a week, month or year. How would that change things? What would you spend time thinking about? How would you spend your time? It isn’t life’s particular events that hinder or help us but in how we view those events. Life is not something we get, but something we experience. In the midst of pain, we can turn to God, study the Scriptures, and consult with trusted friends to find positive ways to cope. By doing so, we will learn to discern God’s voice in times of suffering and spiritually grow, so that we can better assist, comfort, and love others.

4. **Reflect Upon the Purpose of Life.** This life is a test. Our reward is to gain Eternal Life. Our lives are not supposed to be free of challenges, but are made easier through relying upon Christ and following His teaching. Our intention should be to strive daily to develop a heart like the Savior's. Understand that God doesn't cause bad things to happen to us, but allows fate to take its course in order to strengthen and help us reach our full potential.
5. **Surround Yourself with Uplifting Friends, Music, and Literature.** By definition, trials will be trying. There may be anguish, confusion, sleepless nights, and pillows wet with tears. When we surround ourselves with encouraging friends and fill our minds with inspiring music and literature, we are able to stay spiritually strong no matter what kind of challenges we encounter. The Lord can use these means to give us answers to our prayers and direct us for good.
6. **Take One Step at a Time.** Don't feel guilty for slowing down. Break large tasks into simpler ones. Realize that we can fully grow, progress and heal when we simplify our lives and take time to recharge. Most situations get easier with time. We find more peace as we stay focused on what we can control rather than what we can't. Strive to wake up each morning and say, "I am going to live with purpose and strive to make today better than yesterday."

May your life be blessed with warmth and peace,

Rachel and Sarah Smartt

**Faith
Hope
& Miracles**

