sometimes, it will take time. Always remember the Word of God has the solution to every problem. Consult it daily, and learn the path of God pleasing obedience, in your daily living. The Bible is the best reference for all that is right and productive under the guidance of God. (5). Trust In The Lord: "Trust in Him at all times; ye people, pour out your heart before Him: God is a refugee for us, Selah" Psalm 62:8. There is no trial that God can't bring you through, and no trouble He cannot assist you to settle. The power of God and the wise wisdom of the Holy Spirit within us, are great tools to be used. Remember, He saw the clouds of trouble rising in your life. He knows you are weak and is able to strengthen your resolve to do right. It is not His fault if you feel alone and defeated. He is your refuge and hiding place, when all else seems to fail. Learn to trust Him and fall at His feet, for strength and the solution to the trouble. Sometimes we bring trouble on ourselves and often they are a part of our sinful age. Notice the verse above says to trust in the Lord at all times. Like the sun warms us and the air of His provision surrounds us, He stands ready to be called upon in our hardest times. The word pour means to hesitate not, but cry out with all your needy soul. He will come to your rescue for He promises just that. (6). Consider The Benefits: "And not only so, but we glory in tribulations also; knowing that tribulation worketh patience; And patience, experience; and experience hope: and hope maketh not ashamed; because the love of God is shed abroad in our hearts by the Holy Ghost which is given unto us" Rom. 5:3-5. So much of our life is like the potter and the clay. The troubles that come to our life, should result in patience, and not frantic worry. When we face troubles in God's way and watch them dissolve, we experience growth and great victory. Remembering past troubles, and the things we learned ,we have our hopes raised that we can defeat whatever trouble comes our way. We need to remember that many of the troubles we invocation, never come. We all have great imaginations and often worry about what will never be. Stress is something that builds up as we worry and flounder around. How much better to face the trouble in the right position; on our knees. He has promised to shed His love upon us in every troubling situation. Hope in His power will help us from being ashamed over all the worry and struggle. We have the opportunity to say we got through that trouble by the grace of God. It is a learning process and deepens our faith. Remember Psa. 91:15, "I will be with him in trouble." That's a promise He will always keep as we face the future. (7). Push On To Victory: " Brethren, I count not myself to have apprehended: but this one thing I do, forgetting those things which are behind, and reaching forth to those things which are before, I press toward the mark for the prize of the high calling of God in Christ Jesus" Phil 3: 13:14. Whatever the world throws at us, there are benefits attached to every trouble. When you come out of it you will be stronger than before. Each trouble is a step in our relationship with the Lord. He was tempted in all points as we are, and knows how to help us in every trouble we encounter. Paul shows us his humility and the honest sense of his weakness, but sets his mind on one thing. He is not going to let the things of the past defeat him, and he deliberately forgets them. Rather than dig up past troubles and failures He looks ahead, reaching toward the things that are coming, not with fear, but trust in the strength God promises him. Dear believer, we all get into troubles, but we must all press forward to the things that are before us. The prize of victory is a great reward to pursue with faith in the One who goes before us. There is no higher calling than to be a successful, quality believer, with many victories for Christ.